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June is the month for strawberry teas, supper in the garden and fresh, healthy dishes. You'll find all the summer cooking inspiration you want in this issue of *Good Food*, from simple suppers to smart, restaurant-inspired dishes – like Food Editor Barney's Salt & pepper squid (p122).

Each month, Barney shows you how to create and present a dish that's got real wow-factor. As an ex-chef, Barney knows the secrets of restaurant cooking, but these recipes are designed for the home cook, so there's no need for a state-of-the-art kitchen or a brigade of sous chefs. Of course, if your children help, you'll have your own junior cooks to hand – this month (p106), Barney and his kids enjoy cooking an easy dinner for Father's Day.

Enjoy all your cooking this month

Gillian

Gillian Carter, Editor

GoodFood Show Summer
NEC Birmingham 15-19 June 2011

The **BBC Good Food Show Summer** is a great day out where you can sample and buy food and drink, as well as enjoy live cooking demonstrations from top chefs. For ticket and timetable details, visit *bbcgoodfoodshow.com* or turn to p40.

Where to find our cover stories

Cover recipe LUCY NETHERTON Photograph DAVID MUNNS Food styling CAROL TENNANT Styling JENNY IGGELDEN

Best of the BBC

Summer roast chicken

MasterChef judge John Torode creates an easy roast chicken menu to enjoy on a warm summer evening, p108

Serve a winning tea

Watching Wimbledon this month? Serve up a smash of your own. Turn to p96 to discover recipes full of traditional English flavours. Wimbledon coverage on BBC TV and radio, 20 June-3 July.

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ON TEST

TV NEWS AND RECIPES

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This month's GoodDeals p129

p130 **Save £55** on a non-stick pan set from **Le Creuset**

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This month's

In the Test Kitchen

Adam Russell, below, has joined our team as Cookery assistant after working at several leading restaurants, including Rick Stein's in Padstow. Adam completed a professional course at Leiths School of Food and Wine before winning a one-year placement with Good Food.

Every year, Good Food takes on several graduates from Leiths. They work in our kitchen, testing and creating recipes, as well as assisting on photo shoots. The placement has proved a fantastic springboard to a career in food.

Adam has been busy testing barbecue recipes for the summer – his top tip is to add a shot of tequila to Mexican marinades for red meat.

MENUS OF THE MONTH

Throw a street party with neighbours and friends

See *thebiglunch.com* for more details – and make lots of these recipes

Summer Thai supper for 6,

Perfect for eating outdoors

Photograph JON BAKER

recipes

RECIPE KEY ● Healthy option ■ Low fat ❄ Suitable for freezing

Every girl needs her basics.

Lipgloss—critical. Sunglasses—maybe. And keys are pretty handy. But none of them can save you from hunger. Only a tasty, crunchy handful of almonds has what it takes to tame those unruly grumblings. Compared to other nuts, almonds are highest in 6 essential nutrients, including protein and fibre*. Just what you need to get through even the most grueling day.

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From your kitchen

This month's reader recipe, letters, best buys and cookery advice ▶

Julie Frankland shares her version of a Japanese dish called Ganmodoki, a recipe she was taught when she lived in Tokyo. Home is now Cambridge, but these are still very much on the menu

Tofu & vegetable patties

MAKES 8 • PREP 15 mins • COOK 10 mins Easy V Good for you

1 carrot, grated
bunch spring onions, sliced, plus extra strips to serve
1 garlic clove, crushed
3cm/1¼in piece ginger, grated
400g block firm tofu, drained and crumbled
2 eggs, lightly beaten
2 tbsp each sesame and vegetable oil
sweet chilli sauce, to serve

1 Combine all the ingredients except the oils in a large bowl with some seasoning and mix well. Heat both the oils in a frying pan. Grease an 8cm metal pastry ring or cookie cutter and place in the pan. When hot, pour 5 tbsp of the batter in and turn the heat down to medium.

2 Cook 4-5 mins until golden, then take off the ring (be careful, as it may be hot), flip the pattie and cook the other side. Do this in batches, keeping finished patties warm in a low oven. Serve with the chilli sauce and extra spring onions, if you like.

PER SERVING 110 kcals, protein 6g, carbs 3g, fat 9g, sat fat 1g, fibre 1g, sugar 1g, salt 0.11g

TIP

You could make these patties bite-size for a vegetarian canapé, or simply one large one – like a frittata with a twist.

Test Kitchen verdict

Julie's son loves these patties in a bun with ketchup and we think that's a great way to serve them, too.

Treat vegetarians to something different

Reader recipe

Want to share one of your recipes with other *Good Food* fans? There's a prize if we pick yours. Send your recipe to us at the address overleaf

Photograph STUART OVENDEN | Food styling

From your kitchen

We love to hear from you. Email us at *goodfood@bbc.com* or write to *Good Food*, Media Centre, MC3D1, 201 Wood Lane, London W12 7TQ. Please include your full name, address and daytime phone number

*Star letter

Dear *Good Food*,
I'm a fan of your 'Ultimate makeover' series as my boyfriend and I are both watching what we eat as we try to get fitter and lose some weight. This week, we've had the moussaka (a real 'wow' when that came out of the oven!) and the 'can't believe it's mayo' brownies. Both worked a treat. Any chance, though, for an Ultimate makeover tiramisu? It's my boyfriend's favourite and I'm keen to find a healthy version!
Kelly Fisher, London
Food editor Barney Desmazery replies: You're in luck – the Ultimate makeover tiramisu is coming in the August issue.
Kelly wins 18 bottles of the zesty Villa Maria Private Bin Sauvignon Blanc 2011, £9.99, widely available, *villamaria.co.nz*

Meet this month's reader taste team panel

Rebekah Gough is a fan of *Good Food*'s one-pot meals, her signature dish is roast beef with all the trimmings, and she wouldn't be without cornflour for whipping up gravies and white sauces.

Penny Wood will eat pretty much anything except squid, her favourite basic ingredient is couscous, and she says that anything with pasta or cheese will always cheer her up!

Graham West always has smoked paprika in his storecupboard, says his coffee grinder is indispensable for spices, and swears by 1 tsp baking powder to stop a cake sponge sagging in the middle.

To take part in our reader taste team, write to CJ Jackson at *Good Food*, Media Centre, MC3D1, 201 Wood Lane, London W12 7TQ or email *goodfood@bbc.com*.

My daughter, Lucy, three, helped me to make the iced biscuits from your April Cakes & bakes supplement. We had great fun icing them and they tasted fabulous. Lucy, of course, took full credit for them when handing them out to the grandparents!
Bronwen Graham, Newport

SEND US YOUR RECIPES

Julie wins a Kenwood triblade hand blender, worth £64.99, for her Tofu & vegetable patties (previous page). The hand blender is widely available; for stockist information, call 02392 392333.

Against the grain

As a child, I remember our family sitting round the table while my dad carefully carved the joint. How he would cringe if he saw the way the slow-roast lamb in your February issue had been cut, making it look dried, like pieces of string, rather than carved to expose the meat's beautiful grain. Carving meat is a skill, which used to be passed down through the generations, as my father did to my brother and my husband to our sons.
Christine K Sharp, New Mills, Derbyshire

Food editor Barney Desmazery replies: We totally agree with you about the way to carve a traditional roasted leg of lamb. However, the recipe you refer to results in meat that is very tender, and therefore cannot be carved into long slices – instead it pulls away from the bone.

Here is my son Louis, three, and the brownies we made together (April). He loved making the cake and we all enjoyed eating it.
Estelle Gully, Nottingham

Catch up with more cooks like you

Find us on Facebook Search for 'BBC *Good Food*' and join the discussions. We asked: How much bling do you want on your cupcakes?

• Blingy cupcakes are rarely nice to eat. Too sweet, too much icing or too little time spent making a nice sponge and too much time lavished on its appearance. **Megan Lane**

• Depends what occasion they're for really and how the decorations taste and feel. My kids love bling on theirs, silver balls being a particular favourite. **Heather Osmon**

• The cake underneath has to be top-notch, otherwise there's not much point. But if you can make the top look nice too, then it's a bonus. **Miriam Waller**

Click on *bbcgoodfood.com* this month for more inspiration

• Pretty wedding cakes in all flavours and sizes

• If you've a glut of broad beans in your garden, choose from our 60+ recipes to make the most of them

***Good Food*, now available on iPad**

As a subscriber to the magazine I can now combine my two favourite things – my *Good Food* mag and my iPad! I love being able to bookmark recipes I want to try out. The pictures are so sharp and colourful, it makes me want to try out every single recipe, which I might just do. **Yvonne Heald**

Follow the *Good Food* team *@bbcgoodfood* – Updates from the Test Kitchen, plus behind-the-scenes gossip

• *@bbcgoodfood* is fabulous for gluten-free recipes and advice for coeliac diets. **Caleigh (Gluten-Freek)**

• Planning to cook Glyn Purnell's Curry spiced chicken from *@bbcgoodfood* today to have cold with salad tomorrow. Yum. **Tamryn Kirby**

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Photographs GARETH MORGANS, ADRIAN TAYLOR

What's new

IN STORE

Another freezer first: a soufflé you can cook from frozen. It's possible because it uses a filo basket rather than a ramekin.

The soufflé didn't rise quite so impressively as we hoped; however, it was light, fluffy and wonderfully cheesy – it contains mature cheddar, feta and Parmesan. The addition of red onion marmalade in the base added a pleasing sweet-sour note. ***Cheese soufflés with red onion marmalade, pack of two, £4.99, Cook stores, 01732 759010, cookfood.net***

We love these mini flour wraps – just right for kids' lunchboxes, as the size makes them easier to hold. They have a nutty flavour from added wheatgerm and grill well, for a great quesadilla. See our wraps feature on page 43. ***Mission Deli mini wheat & white wraps, pack of 6, 89p, Tesco***

Healthy choice

A decent-sized pot of crunchy edamame and broad beans with a tart dressing that has a real 'zing' from red chillies and ginger. Serve with sushi for healthier picnic food or add grilled salmon for a substantial lunch. ***Edamame bean salad, 220g, £1.78, Asda***

A dinky tub of salt flavoured with cinnamon, allspice, nutmeg and mace. The flavour made brownies taste even more chocolatey and, mixed with a little sugar, made a flavourful rub for barbecued lamb. ***Heston from Waitrose, 4 Spice Salt, 60g, £4.99, Waitrose***

For a last-minute homemade lemon tart, a pre-baked case like this is a good compromise. The pastry was short, crumbly and not too sweet, plus it didn't go soggy when we added our filling. ***Sainsbury's Taste the Difference all-butter sweet pastry case, 220g, £1.95***

Treat for Father's Day
19 June

We love this 'swine' corkscrew – just fold down the tail to use. If you want to give a bottle, too, our Wine editor, Sarah Jane Evans, suggests Viñalba Malbec-Touriga Nacional 2009, 14.5%, £10.99, Majestic. ***Bar Craft Pig Corkscrew, £4.99, barnitts.co.uk, 01904 629429***

Time for tea

Treat friends to a strawberry afternoon tea and raise money for Breast Cancer Care at the same time. Our Strawberry cream tea cake would be perfect – find it, and lots more ideas for strawberries at *bbcgoodfood.com.*

For a strawberry tea fundraising pack call 0870 164 9422, *breastcancercare.org.uk*

MINI BREADMAKER

Compact and easy to use, this Morphy Richards breadmaker takes up little room on a work surface, despite making a 1lb loaf. It has five settings and we're pleased to report our white loaf was easy to remove from the pan. It lacks a countdown timer but remains our favourite machine at the price. Want to know which bread mixes to use? This month's On Test on page 127 features our top three. ***Daily Loaf, £49.99, department stores and lakeland.co.uk, 015394 88100.***

What's on TV

Rick Stein's Spain

From northern Galicia to Andalucía in the south, Rick's latest series takes him across Spain, sampling and cooking traditional and modern dishes. Rick told *Good Food* that this had been a journey to remember: 'It seems to me that the food is much better than I remembered from my youth. Spanish food used to be pretty ordinary; I'm sure some of it still is, but if you know where to look there's a lot of very good food. We found some wonderful little restaurants and tapas bars serving sensational dishes.' *The series starts in June on BBC Two; for TV news and recipes turn to page 139.*

Compiled by SARAH SYSUM | TV news KATHRYN CUSTANCE | Main photograph STUART OVENDEN | Styling JENNY IGGLEDEN | Photographs ADRIAN TAYLOR, PHILIP WEBB

Here to help

Food writer **Sara Buenfeld** shares her love of cooking, along with seasonal advice and kitchen tips

Check out the labels

As a nation of animal lovers, we want to be sure livestock is treated humanely, but sadly, it isn't guaranteed. Labels on food packaging can guide us to make choices that offer the highest standards of welfare, but some are better than others. These are the labels that I look for when shopping:

• **Free-range** ensures that animals have access to the outdoors for at least part of their life. Although EU regulations stipulate that chickens reared for eggs or meat must have continuous daytime access to the outdoors, enabling them to flap their wings, nest, perch, dust bath, and so on, there are no such regulations for free-range pork. So look for words on packaging that confirm pigs were born and reared outdoors.

When buying beef or lamb, look out for grass-fed. Prices for these meats vary, but expect to pay a bit more.

Freedom Food is the RSPCA's labelling and assurance scheme dedicated to improving welfare standards for animals reared both indoors and out, and for farmed fish. The amount of space each animal or fish lives in (stocking density) is set by the RSPCA.

• **Organic labels** guarantee that food is farmed without chemical fertilisers or pesticides. Animals have outdoor access and other higher welfare, such as later weaning for pigs. The biggest organic organisation is the **Soil Association**, whose standard provides the highest welfare levels in the UK, but it is a more costly way to farm, so organic produce is usually more expensive.

The **Marine Stewardship Council** is the world's leading certification and eco-labelling program for sustainable seafood. The blue label (also at the fish counter as well as on packs) guarantees that the fish have been caught responsibly, without damaging other animals or sea plants. Also, that fishing methods don't deplete species.

• **Supermarket store standards** are also worth checking out. Some, such as Marks & Spencer, Waitrose and Whole Foods offer produce with a high standard of welfare as part of their store policy and tend to sit in the middle pricewise.

The simplest ice cream

My husband Graham reminded me recently of an ice cream that I made years ago while working on *Home & Freezer Digest* magazine. It was the easiest recipe that you can imagine as it didn't require stirring once in the freezer, and ice-cream makers were hard to find then. It also has a great name.

Silly twits ice cream

SERVES 6 • TAKES 15 mins plus freezing

Separate **4 eggs.** Beat the yolks and **1 tsp vanilla extract** with an electric whisk until light and foamy. Clean the whisk, then in another bowl whisk the egg whites, gradually adding **140g caster sugar** until it is thick and glossy, a bit like making meringue.

Lightly whip a **300ml pot double cream** until it softly holds its shape. Mix with the yolks and egg white mixture until everything is combined. Turn into a container, cover and freeze until solid. Take out of the fridge about 10 mins before serving.

Q Should I wash strawberries?

Many cooks say no, but if grown in sandy soil, I think you have no option. To avoid being waterlogged, rinse them briefly under a slow running tap so that they don't bruise, then dry straight away on kitchen paper before removing the hull.

A new way to cook

The biggest thing to happen in the kitchen since the microwave, sous vide ('under vacuum') is a modern cooking technique that involves vacuum-packing food then poaching it at a low temperature to give tender, naturally flavoured results.

This technique is popular with chefs – including competitors on BBC Two's *Great British Menu* – as the low temperature allows them to have greater control over the cooking. For example, a joint of meat such as pork belly can be cooked through sous vide, then chilled and used in a dish where it can be finished to order. For those who wish to try this at home, the Sous Vide Supreme Water Oven is available from John Lewis for £349.

Q What is Greek basil?

Also known as bush basil, look out for growing pots of it in some supermarkets. The leaves are small, more like oregano, which means you can use them whole or in small clusters. Like traditional basil, it packs a lovely aromatic punch, with a hint of clove. Use in salads, pasta, chicken dishes and sauces.

• Sara Buenfeld has more than 20 years' experience as a food writer and has contributed to many books and magazines, including *Good Food*. If you have a question for Sara, email us at *goodfood@bbc.com*

Photographs ALAMY, CHARLIE GRAY, MYLES NEW

Learn to make caramel

COOK SCHOOL SECRETS

This month, **Mary Cadogan** shows you how to make a caramel, perfect for turning into a luscious sauce or Crème caramel

Making a caramel may sound ambitious, but follow my simple steps and trouble-shooting tips and you'll soon be making it with confidence.

INGREDIENTS YOU WILL NEED FOR CARAMEL

140g/5oz caster sugar
3 tbsp cold water

• **Sugar** Caster sugar is the best choice for making caramel as it dissolves quickly and is less likely to crystallise than granulated sugar.
• **Water** Chefs often make caramel without adding any water, but this can be tricky. Adding a little water helps to slow the process down so that it is easier to control.

EQUIPMENT YOU WILL NEED

Small, heavy-based frying pan, preferably non-stick
Metal tablespoon
Measuring jug
Oven gloves
Six ramekins dishes, about 150ml each
Roasting tin
Kettle
Bowl for caramel sauce

TIPS

• If your caramel starts to crystallise, persevere as it sometimes will come back to dissolve into a caramel. If not, you will have to start again.
• Use oven gloves when lifting the pan and be careful – splashes burn skin.
• To wash the pan, soak for an hour in warm, soapy water to dissolve the residual caramel.
• The caramel sauce can be made ahead. Cool, then store in the fridge for up to a week. Reheat gently in a small pan or microwave oven. It's great poured over ice cream, roasted fruits, pancakes or chocolate desserts.

THREE STEPS TO MAKING CARAMEL

STEP 1
Put the sugar in a small frying pan, preferably non-stick, and add the water. Heat slowly, stirring gently with a metal tablespoon until the sugar has dissolved. The base of the pan will no longer feel gritty when you run the spoon over it.

STEP 2
Increase the heat under the pan and allow the syrup to bubble. As the water is driven off, the syrup will become thicker and the bubbles on the surface will get bigger. Do not stir the syrup during this time.

STEP 3
Watch the syrup carefully and when it starts to turn golden at the edges, swirl the pan to ensure even colouring. Do not stir it. When the syrup has turned a rich golden caramel colour, remove from heat. Your caramel is now ready to use.

HOW TO USE YOUR CARAMEL

Caramel for Crème caramel
Set the ramekins in a roasting tin. Carefully spoon a rounded tablespoon of caramel into each one, swirling each one as soon as the caramel is added to coat the sides a little. Work quickly before the caramel sets. If necessary, put it back on a low heat to re-melt.

Making caramel sauce
1 Cut **50g/2oz butter** into small pieces and have it ready by the cooker with **100ml/3½fl oz double cream**. Make the caramel as above, then turn off the heat and sprinkle over the pieces of butter. Stir with a wooden spoon to melt the butter.

2 Return the pan to a low heat and stir in the cream, allowing it to bubble up. Continue stirring until the sauce is smooth. Allow the bubbles to subside, then pour carefully into a heatproof bowl and leave to cool. The sauce can be served warm or at room temperature.

Photographs MYLES NEW | Food styling MARY CADOGAN

Crème caramel

SERVES 6 • PREP 20 mins • COOK 15-20 mins Moderately easy Low fat

This dessert is the perfect balance of lightness and indulgence. Once you have mastered the caramel, it is surprisingly easy to make.

1 quantity caramel
500ml/18fl oz milk
3 large eggs, plus 2 egg yolks
100g/4oz caster sugar
a few drops vanilla paste or extract
2 tbsp Cointreau or Grand Marnier, optional

1 Heat oven to 160C/140C fan/gas 3. Pour the caramel into the ramekins as shown, left. Bring the milk to simmering point.
2 Put the eggs and yolks in a bowl with the sugar and whisk lightly together.
3 Gradually whisk in the hot milk. Strain into a clean jug and add the vanilla, and liqueur, if using. Pour carefully into the prepared ramekins.
4 Pour boiling water from the kettle into a roasting tin to come halfway up the sides of the ramekins. Bake for 15-20 mins until the custards are just set. Leave to cool, then chill for at least 4 hrs, or even overnight. *The caramels can be made up to 3 days in advance.*
5 To turn out each caramel, run the point of a sharp knife around the top edge of each ramekin, place a dessert plate on top and invert. Give the ramekin and plate a sharp shake and carefully remove the ramekin.

PER SERVING 267 kcals, protein 8g, carbs 46g, fat 7g, sat fat 2g, fibre none, sugar 46g, salt 0.21g

• Mary Cadogan, a former Food director of *Good Food*, now runs a cookery school in the Charente, south-west France, sharing her experience and recipes. Find out more at *marycadogan.com*

Books for cooks

BAKING SPECIAL

Summer is the time for tea in the garden, seaside picnics plus cake stalls and school fêtes, says **Sally Hughes**. There's a bumper crop of baking books this year, so here are our favourites – each one tested by a member of the *Good Food* team

Cakes: River Cottage Handbook No 8 by Pam Corbin (£14.99, *Good Food* offer price £13.49, Bloomsbury) This is a true baking manual from one the River Cottage regulars, with plenty of instruction and the full gamut of recipes – from fruitcakes to meringues and macaroons, with the odd surprise thrown in, such as Gnome cakes.
Verdict Golden syrup cake was instantly appealing and I could make it without a trip to the shops. The method was easy; using breadcrumbs to add lightness wasn't something I tried before but it worked a treat. And it tasted just like steamed treacle sponge pud without all the steaming faff. LULU GRIMES, Food director

Geraldene Holt's Cakes (£18, *Good Food* offer price £16.20, Prospect Books) This gem of a publisher reprints classic cookbooks that should never fade away. An absolute treasure, there must be copies in kitchens throughout the country, missing pages and held together with a rubber band, but cooked from and loved for years.
Verdict This isn't a glossy picture book but if you are looking for trusted WI recipes for traditional cake-stall classics, this is a must-have. And if you want to honourably retire your old copy, this new revised edition with its pretty retro cover offers you the ideal opportunity.
SALLY HUGHES Food writer

The Hummingbird Bakery Cake Days by Tarek Malouf (£20, *Good Food* offer price £18, Harper Collins) This fabulous baking compendium is arranged in sections for seasonal cooking. From Valentine's Day to Easter, summer afternoon tea to Bonfire Night goodies, it makes a beautiful baking calendar.

The first Hummingbird book featured mainly cupcakes, but here there is everything from whoopie pies and celebration cakes to biscuits and tarts. There are chewy monkey bars for the kids and coolly sophisticated Earl Grey cupcakes for grown-ups.

If you're a novice, this will provide you with a great recipe repertoire and detailed sure-fire instructions, but even experienced bakers will find lots of new ideas. At the end of the book is a very useful section on techniques, with tips and tricks to ensure perfect results.
Verdict Ever eager to find new ways with courgettes, I baked the Courgette, walnut & cinnamon layer cake. The recipe was easy to follow and the cake had a fantastic nutty, moist texture. I did scale down the frosting, though – there was way too much! ELAINE STOCKS Deputy editor

Earl Grey tea cupcakes

MAKES 12-16 cupcakes • PREP 25 mins • COOK 20 mins
Moderately easy • cakes only (un-iced)

FOR THE SPONGE
3 Earl Grey teabags
3 tbsp just-boiled water
80g unsalted butter, softened
280g caster sugar
240g plain flour
2 tsp baking powder
¼ tsp salt
200ml whole milk
2 large eggs
FOR THE FROSTING
50ml whole milk
500g icing sugar
160g unsalted butter, softened

1 Place the teabags in a bowl and add the just-boiled water, then leave to brew for 30 mins.
2 Heat oven to 190C/375F/gas 5 and line a muffin tin with muffin cases. Using a hand-held electric whisk or freestanding electric mixer with a paddle attachment, mix the butter, sugar, flour, baking powder and salt on a low speed until the texture of fine breadcrumbs.
3 Pour the milk into a jug, add the eggs and whisk by hand. Add the brewed tea, squeezing every last drop from the teabags into the milk mixture, then set the teabags aside for the frosting.
4 Pour three-quarters of the milk mixture into the dry ingredients and mix on low speed to combine. Then mix on medium speed until smooth and thick. Scrape the sides of the bowl, add the remaining milk mixture and beat until all the ingredients have come together and the batter is smooth.
5 Divide the batter between the paper cases, filling each two-thirds full. Bake in the oven for 18-20 mins or until risen and springy to the touch. Then leave to cool slightly in the tin before transferring to a wire rack to cool fully.
6 While the cupcakes are cooling, place the used teabags in a small bowl with milk for the frosting and leave to infuse for 30 mins. Remove the teabags and give them a good squeeze to extract maximum flavour.
7 Using the electric whisk or freestanding mixer with a paddle attachment, whisk the butter with icing sugar on low speed until no large lumps of butter remain and the mixture is still powdery. Pour in the tea-infused milk while mixing slowly, then increase the speed to high and whisk until soft and fluffy.
8 Divide the frosting between the cold cupcakes, smoothing the tops and swirling with a palette knife.

Recipe photograph KATE WHITAKER

Books for cooks

Let's Make Whoopies! by Sophie Grey (£14.99, *Good Food* offer price £13.49, Michael Joseph)
First cupcakes, then macaroons and now whoopie pies – where will it end? A sort of cake sandwich, the whoopie pie is the new must-bake item, and Sophie Grey's book will show you how to master them. There are pies for every occasion, with some particularly cute numbers for children's parties like the fabulous Frog Prince whoopie. There are even egg- and gluten-free options, so no one need miss out.
Verdict Chocolate spread and praline in the Chocolate hazelnut whoopies was too tempting to resist. I've never made these and didn't know what consistency I was looking for. Mine spread quite a lot during baking but looked like the photo, so the method works. I'd make more filling though. ADAM RUSSELL, Cookery assistant

• You can buy all this month's books at a discount. Simply call 01326 569444, p&p is free. Or buy any book online at *bbcgoodfood.com/sparkle direct*

Mich Turner's Cake Masterclass by Mich Turner (£30, *Good Food* offer price £27, Aurum) The author owns The Little Venice Cake Company, which makes amazing showstopper cakes for the Queen, Madonna and a host of celebrities. This, her fourth book, is the ultimate step-by-step guide to cake decorating perfection – if you're serious about it, or have signed up to make a special wedding cake, then this book will help you through. Everything you need, from fail-safe recipes for the base cakes, to advice on how to stack and ice, plus the all-important decorating tips. From moulded sugarpaste roses to delicate icing lace, it is all explained clearly by a real expert.
Verdict I made the Purlesque cake and, as Mich says, you really cannot underestimate the time it takes to decorate this cake – it is a labour of love! The finished cake is stunning and looks incredibly expensive. The step-by-step instructions are easy to follow and the photo is so clear that you have a good chance of recreating her ideas.
ROSIE REYNOLDS Cookery assistant

Bake & Decorate by Fiona Cairns (£12.99, *Good Food* offer price £11.69, Quadrille) These are lovely cakes – simple yet stylish. Some cake decorating recipes can look daunting, but Fiona is realistic about what the home baker can achieve, and delivers fabulous ideas that you will use time and again. Her White chocolate cardamom truffle cake adorned with sugar eggs and spring leaves was perfect for Easter, and for summer you can't beat the darling little cupcakes baked in ice cream cones and topped with buttercream.
Verdict The techniques are traditional and the methods are aimed at bakers who need a bit of hand-holding. However, the flavour combinations and decorating ideas are thoroughly modern, like the yummy Pistachio & orange blossom cake I made. SARAH COOK Deputy food editor

Good Food 201 Perfect Cakes & Bakes (£12.99, *Good Food* offer price £11.69, Ebury) This is a larger collection of baking treats using the much-loved *BBC 101...* format, but twice as good. And every recipes has been tested by the *Good Food* team, so they're foolproof.
Verdict My copy of *Good Food 101 Cakes & bakes* has been well used over the years, so I was glad to get my hands on this expanded and updated version. The Cappuccino bars were one of the easiest cakes I've made – with their subtle coffee flavour and white chocolate frosting, they'd be popular with kids, too. EMILY BOYCE Sub-editor, *bbcgoodfood.com*

Peyton and Byrne British Baking (£20, *Good Food* offer price £18, Square Peg) Feeling a bit tired of American-style cupcakes and whoopie pies? Fly the British flag this summer. If you yearn to share your mother's baking with your own children, this is a delightfully parochial celebration of British baking, including all those nostalgic childhood treats – Fairy cakes, Chelsea buns and Jammy Dodgers.
Verdict My five-year-old chose the jam roly-poly as it's her favourite school dinner dessert. This recipe is like a clever twist on jam tarts and we were all pleasantly surprised by just how good it tasted, especially hot with a scoop of ice cream. BARNEY DESMAZERY Food editor

Jammy Dodgers

MAKES 4 large biscuits • PREP 15 mins • COOK 15 mins
Easy

125g unsalted butter, softened
60g caster sugar, plus extra for sprinkling
125g plain flour, plus extra for rolling
60g fine semolina flour
6 tsp strawberry jam

1 Line a baking tray with baking paper and set aside. In a bowl beat the butter and sugar until pale and fluffy. Add both flours at once and beat just until incorporated and the dough comes together in a ball. Lightly dust a work surface with flour and roll the dough out into a large circle about 5mm thick.
2 Using a heart-shaped or round biscuit cutter, cut out 8 biscuits. Place 4 of them on the prepared baking tray. With the remaining 4 biscuits cut a 2cm heart or circle out of the centre of the dough. Sprinkle these with caster sugar, then carefully add to the baking tray.
3 Place the tray in the fridge or freezer for 15-20 mins to firm up the dough. While the dough chills, preheat the oven to 180C/gas 4. Bake the chilled biscuits for 12-15 mins until they turn a pale golden colour. Remove from the oven and let the biscuits cool completely on the baking tray.
4 When cool, spread 1½ tsp of strawberry jam on the surface of the solid biscuits, leaving a 1cm border around the edge. Sandwich the cut-out biscuits on top and press together. The biscuits will keep in an airtight container for up to a week.

"COOKING ROAST BEEF JUST HOW I LIKE IT USED TO BE A BIT OF A CHALLENGE."

Everyday

Quick and easy – a whole month of family meals

Let the kids cook dinner

Make it tonight

New ways with all your family's favourite ingredients – and every dish costed

Recipes LUCY NETHERTON Photographs WILL HEAP

Sausages with quick onion gravy

SERVES 4 • PREP 10 mins • COOK 40 mins Easy

- 4 onions, cut into thin wedges
- 2 tbsp balsamic vinegar
- 8 sausages
- 300ml/½pt beef stock
- 1 tbsp Worcestershire sauce
- mashed potato and green beans, to serve

1 Heat oven to 220C/200C fan/gas 7. Put the onions into a roasting tray and drizzle with the vinegar and seasoning. Sit the sausages on top and roast for 30 mins, stirring halfway.

2 Pour over the stock and Worcestershire sauce, return to the oven and cook for 10 mins more. Serve with the mash and green beans.

PER SERVING 400 kcals, protein 16g, carbs 21g, fat 29g, sat fat 9g, fibre 3g, sugar 11g, salt 2.39g

MAKE IT DIFFERENT
Sticky sausage baguettes for 4

Roast the onions and sausages as in the recipe, but sprinkle **2 tbsp soft brown sugar** on the onions with the vinegar. Leave out the stock. Pile into **2 baguettes**; serve with **mustard** and **ketchup**.

All-in-one twist on a classic
90p per serving

Summer chicken one-pot

SERVES 4 • PREP 10 mins • COOK 40 mins Easy

- 8 chicken thighs
- 2 tbsp plain flour
- 1 tbsp olive oil
- 8 rashers streaky bacon, chopped
- 400ml/14fl oz stock
- 500g bag baby new potatoes, halved
- 200g pack full-fat soft cheese
- 200g/7oz broad beans, podded
- 200g/7oz sweetcorn (frozen, fresh or from a can)
- 200g/7oz cherry tomatoes, halved

1 Dust the chicken in the flour and some seasoning. Heat the oil in a lidded pan and brown the chicken, in batches if needed, then transfer to a plate. Throw in the bacon and fry for 5 mins, until crisp.

2 Return the chicken to the pan. Add the stock, cover and simmer for 30 mins, adding the potatoes after 10 mins, until the chicken is cooked and the potatoes are tender.

3 Stir in cheese, then the rest of the vegetables and some seasoning. Simmer for 5 mins more, uncovered, then serve.

PER SERVING 701 kcals, protein 61g, carbs 38g, fat 35g, sat fat 16g, fibre 6g, sugar 5g, salt 2.44g

TIP Chicken thighs make a good-value alternative to breasts, however, if you prefer the white breast meat, then swap for 4 skinless breasts, and simmer for just 20 mins with the potatoes.

Food styling JAYNE CROSS | Styling LISA HARRISON

Big dish to share
£2.90 per serving

MAKE OUR COVER RECIPE

On the table in 20 minutes
£1.48 per serving

Indonesian fried rice with mackerel

SERVES 4 • PREP 5 mins • COOK 15 mins
Easy

1 tbsp olive oil
2 eggs, lightly beaten
1 tbsp red curry paste
pinch caster sugar
800g/1lb 12oz cooked basmati rice (about 250g-300g uncooked)
small bunch spring onions, sliced
140g/5oz frozen peas
2 tbsp soy sauce, plus extra to serve
4 smoked mackerel fillets, flaked
½ cucumber, cut into half moons

1 Heat the oil in a large frying pan or wok. Tip in the eggs and swirl to coat the base of the pan. Cook for 1 min, then flip and cook the other side until set. Remove and roughly chop into ribbons.
2 Add the curry paste and sugar and fry for 1 min. Tip in the rice and stir to coat in the paste, then add the spring onions and peas. Stir-fry for 2-3 mins until everything is really hot. Add the soy sauce, then gently toss through the omelette ribbons and mackerel.
3 Divide between 4 bowls and garnish with the cucumber. Serve with extra soy sauce, if you like.
PER SERVING 760 kcals, protein 34g, carbs 61g, fat 44g, sat fat 10g, fibre 4g, sugar 4g, salt 5.66g

TIP Peppered mackerel fillets would also be great here. If you're not keen on fish, try sliced ready-cooked chicken breasts.

BBQ drumsticks with slaw

SERVES 4 • PREP 10 mins • COOK 45 mins
Easy

8 chicken drumsticks
150ml/¼pt barbecue sauce
FOR THE SLAW
1 large carrot, grated
½ white cabbage, shredded
1 red onion, thinly sliced
6 tbsp salad cream
crusty bread, to serve

1 Heat oven to 200C/180C fan/gas 6. Slash the chicken with a sharp knife and toss with the barbecue sauce in a roasting tray. Season with black pepper and roast for 45 mins, basting every 15 mins with the sauce from the tray, until sticky and cooked through.
2 Meanwhile, make the slaw. Mix all the vegetables together in a large bowl, then toss through the salad cream and some seasoning. When the chicken is cooked, serve with the slaw and some crusty bread, if you like.
PER SERVING 515 kcals, protein 50g, carbs 22g, fat 26g, sat fat 6g, fibre 3g, sugar 21g, salt 1.62g

MAKE YOUR OWN HOMEMADE BBQ SAUCE

Makes 150ml/¼pt
In a small saucepan, put **5 tbsp red wine vinegar**, **100g soft brown sugar**, **3 tbsp water** and **4 tbsp tomato ketchup**. Add a **dash Tabasco** and **1 tbsp Worcestershire sauce**.
Simmer gently until thick and sticky, about 15 mins. Allow to cool before using as a marinade or serve warm with grilled meat or chicken.

Deliciously sticky
£1.31 per serving

Speedy TV supper for one
£2.87 per serving

Club sandwich

SERVES 1 • PREP 10 mins • COOK 10 mins Easy

4 rashers streaky bacon
3 slices white bread
1 tbsp mayo
1 hard-boiled egg, sliced
1 tomato, sliced
few thick slices chicken or turkey breast
small handful salad leaves
handful crisps, to serve, if you like

1 Heat grill to High and cook the bacon, turning halfway through, until crisp. Toast the bread and spread one slice with the mayo.
2 Layer on the egg, tomato and bacon, then top with another slice of bread. Add the chicken or turkey, bacon, then lettuce. Finish with the final slice of bread and cut into quarters. Secure with cocktail sticks and serve with crisps, if you like.

PER SERVING 744 kcals, protein 62g, carbs 49g, fat 35g, sat fat 10g, fibre 2g, sugar 6g, salt 5.81g

MAKE IT VEGGIE

Roasted veggie club for 1

For a vegetarian alternative, slice **1 small aubergine** and **1 courgette**, brush with **2 tbsp olive oil** and season. Grill for 2-3 mins a side.

Use this in place of the chicken and bacon, and swap the egg for a **few slices vegetarian mozzarella**. Add **1 tsp pesto** to the mayo for an Italian-inspired treat.

Crunchy fish goujons with skinny chips

SERVES 4 • PREP 15 mins • COOK 35 mins Easy Superhealthy
Good source of folic acid, Low fat

- **2 large potatoes, cut into skinny chips**
- **2 tbsp olive oil**
- **450g/1lb chunky fish fillets cut into finger-sized strips**
- **2 eggs, beaten**
- **140g/5oz cornflakes, crushed into crumbs**
- **tartare or tomato ketchup and lemon wedges, to serve**

1 Heat oven to 200C/180C fan/gas 6. Put chips on a baking tray, toss with oil and season. Cook for 20 mins on the top shelf.
2 Dip the fish strips in the egg and then the cornflakes. Lay on a rack over a baking tray. Transfer the chips to a lower shelf, then cook the fish above for 15 mins, turning half way, until crisp and golden.

PER SERVING 382 kcals, protein 27g, carbs 49g, fat 10g, sat fat 2g, fibre 2g, sugar 4g, salt 1.30g

Feed your family better
£1.03 per serving

Have a change from pasta
£1.55 per serving

Grab a wedge for a snack or supper
71p per serving

Gnocchi with courgette, mascarpone & spring onions

SERVES 2 • PREP 5 mins • COOK 15 mins
Easy V

300g/11oz fresh gnocchi
1 tbsp olive oil
1 red chilli, sliced, deseeded if you like
1 medium courgette, cut into thin ribbons with a peeler
4 spring onions, chopped
zest 1 lemon
2 heaped tbsp mascarpone
50g/2oz Parmesan (or vegetarian alternative), grated
dressed mixed leaves, to serve

1 Cook the gnocchi following pack instructions. Drain, reserving a ladle of the cooking water, and set aside.
2 Heat the oil in a frying pan. Cook chilli and courgette for 3 mins until soft. Add spring onions, zest, mascarpone, half the Parmesan and cooking water. Mix until smooth, add gnocchi and heat through.
3 Season, divide between 2 ovenproof dishes and scatter with the remaining Parmesan. Grill for 2-3 mins until bubbling and serve with the dressed mixed leaves.
PER SERVING 498 kcals, protein 17g, carbs 54g, fat 25g, sat fat 13g, fibre 3g, sugar 6g, salt 2.07g

USE UP LEFTOVER MASCARPONE

Try our Tomato & mascarpone bake on p38 and the recipes below.

Chicken stuffed with mascarpone for 2

Take **2 chicken breasts.** Cut a pocket through the middle, but not all the way through. Mix **2 heaped tbsp mascarpone, a few chopped basil leaves** and seasoning. Stuff in the pockets.

Wrap each breast in **2 slices prosciutto** to seal. Bake in a hot oven for 30 mins, until cooked through, and serve with **mixed salad leaves.**

Brioche with mascarpone & strawberries for 2

Beat together **4 tbsp mascarpone** with **1 tbsp icing sugar.** Toast **4 thick slices brioche** and spread with the mixture, then top with **100g strawberries,** halved.

TASTE TEAM COMMENT

'We enjoyed the freshness of the lemon, combined with the warmth of the chilli and the creamy sauce.' REBEKAH

TIP Fill this bread with whatever you fancy. Roasted vegetables from a jar and pesto make a lovely vegetarian alternative. Or try sliced olives, a few tbsp of pesto or some chopped basil.

Pizza picnic bread

SERVES 4-6 • PREP 15 mins plus rising • COOK 30 mins Easy

500g pack white bread mix
plain flour, for dusting
200g/7oz mozzarella, grated
10 thin slices ham
1 small red onion, finely chopped
oil, for greasing
8 tbsp ready-made tomato pasta or pizza sauce, to serve

1 Make up the bread dough following pack instructions. Roll out on a lightly floured surface to a rectangle approximately 20 x 45cm.
2 Scatter the cheese, ham and onion over, then fold up the edges so the filling is enclosed. Roll into a long sausage so it looks like a baguette. Transfer to a lightly oiled tray and leave in a warm place, loosely covered with oiled cling film to puff up a little. It will take about 30 mins.
3 Heat oven to 200C/180C fan/gas 6. Brush with some oil and cook for 20-30 mins, until puffed up and golden. Allow to cool a little. Heat the pasta sauce in a small pan until hot. Slice the picnic bread. Eat warm or cold, with the tomato sauce for dipping.
PER SERVING 545 kcals, protein 29g, carbs 74g, fat 17g, sat fat 8g, fibre 7g, sugar 4g, salt 4.50g

Prawn chow mein

SERVES 4 • PREP 5 mins • COOK 20 mins Easy Low fat

3 nests medium egg noodles
140g/5oz broccoli, chopped into small florets
140g/5oz baby corn, halved
1 tbsp olive oil
1 red pepper, sliced
300g/11oz prawns
FOR THE SAUCE
3 tbsp tomato ketchup
2 tbsp oyster sauce

1 Cook the noodles, broccoli and corn in boiling water for 3-4 mins, or until tender. Drain and set aside. Heat the oil in a large frying pan or wok and fry the pepper for 3 mins, until starting to soften.
2 Tip in the noodles and vegetables along with the prawns and toss together. Add the sauce ingredients and heat everything through for 2-3 mins, until piping hot.

PER SERVING 271 kcals, protein 25g, carbs 34g, fat 5g, sat fat 1g, fibre 5g, sugar 8g, salt 2.98g

TIP If you have any leftover roast chicken, shred it and use along with the prawns.

TASTE TEAM COMMENT
'This was very colourful and really tasty with a lovely tang from the oyster sauce – good comfort food, with a lighter feel.' PENNY

Packed with crunchy veg
£1.70 per serving

Quick banana ice cream

SERVES 4 • PREP 5 mins plus freezing • NO COOK Easy Superhealthy
Counts as 1 of 5-a-day, Low fat

4 ripe bananas, cut into chunks
3-4 tbsp milk
2 tbsp toasted flaked almonds
2 tbsp ready-made toffee or chocolate sauce

Pop the banana chunks on a flat tray and cover well. Freeze for at least 1 hr, or until frozen through. When ready to eat throw the banana into a food processor and whizz until smooth with enough of the milk to achieve a creamy texture. Scoop into 4 bowls or glasses, then top with the sauce and nuts.

PER SERVING 156 kcals, protein 3g, carbs 29g, fat 4g, sat fat 1g, fibre 2g, sugar 25g, salt 0.04g

Super-simple pudding
30p per serving

• **For more weeknight supper inspiration, visit bbcgoodfood.com**

Roasted pepper, tuna & olive salad £1.15 per serving

Courgette, lemon & chilli tagliatelle £1.70 per serving

Summer pasta

Lucy Netherton's simple dishes make the most of new-season veg

Herby pesto, bean & potato pasta 92p per serving

Tomato & mascarpone pasta bake £1.15 per serving

Photographs WILL HEAP | Food styling JAYNE CROSS | Styling LISA HARRISON

Fresh flavours of summer

Courgette, lemon & chilli tagliatelle

SERVES 4 • PREP 20 mins • COOK 20 mins Easy

4 large courgettes
500g pack tagliatelle
8 rashers streaky bacon, chopped
1 red chilli, deseeded, if you like, and finely chopped
2 egg yolks
75g/2½oz Parmesan, grated, plus extra to serve
4 tbsp double cream
zest 1 lemon

1 Coarsely grate the courgettes, then place in a sieve over a bowl. Press to squeeze out all the liquid – this may take a few mins, but try to drain away as much as you can.
2 Cook the pasta in boiling salted water following pack instructions. Meanwhile, heat a large, non-stick frying pan, then dry-fry the bacon, stirring often, until crisp. Add the chilli and cook for 1 min more, then tip in the courgettes and cook on a high heat for 2-3 mins.
3 Mix together the egg yolks, cheese, cream and lemon zest. When the pasta is cooked, drain it, reserving a little of the cooking water. Tip everything back into the pasta pan and toss together. Divide into bowls to serve, with extra Parmesan.

PER SERVING 768 kcals, protein 34g, carbs 100g, fat 28g, sat fat 13g, fibre 6g, sugar 6g, salt 1.68g

Supper from the storecupboard

Roasted pepper, tuna & olive salad

SERVES 6 • PREP 15 mins plus cooling • COOK 30 mins Easy

6 mixed peppers
400g/14oz pasta shapes
3 tbsp Sherry vinegar
3 tbsp olive oil
3 tbsp capers, rinsed and chopped
2 x 185g cans tuna, drained and flaked (look for MSC-approved)
390g jar black olives, drained
handful rocket leaves

1 Heat grill to High. Put the peppers on a baking tray and grill until blackened, turning often to evenly colour. Put into a bowl covered with cling film to cool.
2 Cook the pasta following pack instructions, then drain and cool under cold running water. Set aside. Make the dressing by whisking together the vinegar, oil and some salt and pepper. Stir in the capers, then fold half through the pasta and tip onto a platter.
3 Once the peppers are cool enough to handle, peel off the blackened skin. Remove the seeds, slice the flesh into strips and add to the pasta. Flake on the tuna and scatter the olives and rocket on top. Finish with the remaining dressing.

PER SERVING 417 kcals, protein 22g, carbs 54g, fat 15g, sat fat 2g, fibre 5g, sugar 7g, salt 1.53g

TIP Roasted peppers from a jar make a great substitute. Two small jars or one large one should give you a similar amount.

Everyone loves a pasta bake

Tomato & mascarpone pasta bake

SERVES 4-6 • PREP 15 mins • COOK 1 hr 20 mins Easy V

1.5kg/3lb 5oz tomatoes, halved
2 tbsp balsamic vinegar
1 tsp dried oregano
1 tbsp olive oil
1 onion, finely chopped
3 garlic cloves, crushed
300ml/½pt vegetable stock
4 tbsp mascarpone
small bunch basil, chopped
500g pack penne
125g ball mozzarella, torn
50g/2oz Parmesan (or vegetarian alternative), grated

1 Heat oven to 200C/180C fan/gas 6. Place the tomatoes, cut-side up, in a roasting dish and drizzle with the vinegar, oregano and some seasoning. Roast for 1 hr until soft.
2 Heat the oil in a saucepan, then cook the onion for 5 mins until soft. Add the garlic and cook for 1 min more. When the tomatoes are ready, tip into the pan with the stock. Simmer for 5 mins, then add the mascarpone. Remove from the heat and blitz with a hand blender until smooth.
3 Meanwhile, cook the pasta following pack instructions, drain and set aside in a colander. Heat grill to High. Season the sauce and stir in the basil and pasta. Mix, then tip into an ovenproof dish and cover with the cheese. Grill for a few mins until golden and bubbling.

PER SERVING (4) 754 kcals, protein 31g, carbs 112g, fat 23g, sat fat 12g, fibre 8g, sugar 18g, salt 0.91g

You'll make this again and again

Herby pesto, bean & potato pasta

SERVES 6 • PREP 5 mins • COOK 20 mins Easy V
Good for you, Low fat

500g bag new potatoes, halved
400g/11oz pasta shapes
225g/8oz green beans, trimmed and sliced
2 tbsp crème fraîche
FOR THE PESTO
large bunch mixed herbs (use whatever you have, such as basil, chives, dill, mint, parsley, or rocket – about 25g in total)
3-4 tbsp olive oil
1 garlic clove, crushed
zest 1 lemon, plus a squeeze of juice
50g/2oz Parmesan (or vegetarian alternative), grated, plus extra shaved, to serve

1 Bring a pan of salted water to the boil and cook the potatoes for 5 mins. Add the pasta and cook following pack instructions. Add the green beans 3 mins before the end.
2 Meanwhile, in a mini chopper or small food processor, blitz the pesto ingredients until roughly chopped.
3 When the pasta is cooked, drain and tip back into the pan. Toss through the pesto and crème fraîche and divide into bowls. Serve with shaved Parmesan on top.

PER SERVING 405 kcals, protein 14g, carbs 66g, fat 12g, sat fat 4g, fibre 4g, sugar 4g, salt 0.21g

TIP For an even speedier version of this dish, use a jar of pesto. Try a classic basil one or a rocket-based version.

Kids go free on Family Weekend[†]

Taste and buy delicious food and drink

Paul Hollywood

John Torode and Gregg Wallace

Helping you grow your way to five-a-day with Alan Titchmarsh

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Expand your kitchen skills with tips and tricks from some of our favourite cooks, including **Gennaro Contaldo**, **Rachel Allen** and **Simon Rimmer**. This year we're also joined by Great British Bake Off judges **Paul Hollywood** and **Mary Berry**. And of course the Good Food team will be there too. If you're looking to impress your guests this summer then there's no better place to pick up some great recipes. Don't forget to reserve seats to see your favourite chefs in the Summer Kitchen sponsored by Sainsbury's.

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To find out more...

Visit bbcgoodfoodshowsummer.com for up-to-date news and information plus all the details of everything you can enjoy at the Show this summer.

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BBC GoodFood Show Summer

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Simple sides

Whether you're eating indoors or outside, these quick summery sides are just the job

Corn with coriander butter

SERVES 4 • PREP 5 mins plus chilling • COOK 5 mins Easy

4 corn on the cobs
50g/2oz soft butter
small bunch coriander, chopped
small red chilli, deseeded and finely chopped
1 garlic clove, crushed

1 Mash butter, coriander, chilli, garlic and a good pinch of salt with a fork. Place on a piece of cling film, form into a sausage shape, then freeze for 15 mins until hard.
2 Cook the corn in boiling salted water for 5 mins, until tender, then drain. Cut the butter into slices about 1cm thick, pop on top of the warm corn and allow to melt.

Great with BBQ drumsticks and slaw, p28

PER SERVING 189 kcals, protein 4g, carbs 18g, fat 12g, sat fat 7g, fibre 2g, sugar 2g, salt 0.16g

Couscous with pine nuts, coriander & raisins

SERVES 10 • PREP 5 mins • COOK 2 mins Easy
Superhealthy Good source of iron, counts as 1 of 5-a-day

250g/9oz couscous
400ml/14fl oz hot vegetable stock
75g/2½oz pine nuts
50g/2oz dried apricots, chopped
bunch coriander leaves
4-5 tbsp raisins
zest and juice 1 lemon
5 tbsp olive oil

1 Put the couscous in a medium-sized bowl, pour over the stock, cover with cling film, and leave to stand for 5 mins. Meanwhile, toast the pine nuts in a dry pan for a few mins, until pale golden.
2 Fluff up the couscous with a fork, add all the remaining ingredients and mix well to combine.

Good alongside Lamb chops with red pepper & mint salsa, p91

PER SERVING 366 kcals, protein 8g, carbs 50g, fat 17g, sat fat 2g, fibre 2g, sugar 18g, salt 0.28g

Cannellini bean, cherry tomato & red onion salad

SERVES 4 • PREP 5 mins • NO COOK
Easy **Superhealthy** Counts as 3 of 5-a-day, Low fat

3 x 400g cans cannellini beans
140g/5oz cherry tomatoes, halved
1 red onion, thinly sliced
1 tbsp red wine vinegar
small bunch basil, torn

Rinse and drain the beans and mix with the tomatoes, onion and vinegar. Season, then add basil just before serving.

Serve with Baked courgettes stuffed with spiced lamb & tomato sauce, p67

PER SERVING 218 kcals, protein 15g, carbs 37g, fat 2g, sat fat none, fibre 11g, sugar 7g, salt 0.99g

Recipes ADAM RUSSELL | Photograph STUART

Junior cook

We love making schnitzel for dinner, because there's three of us and three things to dip, so everybody gets a job!
Sisters Olivia, five, Grace, ten, Emma, eight, Wellington, New Zealand

Photograph PETER CASSIDY | Food styling JAYNE CROSS | Styling RACHEL JUKES

For more recipes for children, visit ***bbcgoodfood.com*** or ***bbc.co.uk/icancook***

Beef schnitzel

SERVES 5 • PREP 20 mins • COOK 10-20 mins Easy • uncooked
Superhealthy Good source of iron

5 thin-cut minute steaks
50g/2oz plain flour
2 tsp paprika
2 eggs, lightly beaten
250g/9oz dried breadcrumbs
5 tsp butter
5 tsp olive oil
lemon wedges, to serve

1 Stretch a piece of cling film over a chopping board, lay the steaks on top of it, then put another piece of cling film on top. Use a rolling pin to bash the steaks until they are really flat and thin.
2 Mix the flour and paprika with some salt and pepper on a plate. Put the egg and breadcrumbs on two more plates, then dip the steaks into the flour first, then the egg, then the breadcrumbs.
3 Heat 1 tsp of butter and 1 tsp of oil in a large frying pan, then cook one of the schnitzels for about 1 min on each side until the breadcrumbs are golden and crispy. Repeat Step 3 for the other schnitzels. Serve with lemon wedges, salad and coleslaw, if you like

PER SERVING 468 kcals, protein 43g, carbs 46g, fat 14g, sat fat 4g, fibre 2g, sugar 3g, salt 0.82g

SEND US YOUR RECIPES

Email them to *goodfood@bbc.com*, along with a photo of yourself. Tell us your full name and phone number (we'll only publish your first name and photo), plus why you like to cook the recipe.

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Sun-Dried Tomato & Feta Cous Cous

American Style Chicken Pasta Salad

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5 new ways with wraps

Keep a pack of wraps in the cupboard and a quick meal is never far away

Carrot & houmous roll-ups

SERVES 4 • PREP 10 mins • NO COOK
Easy V Superhealthy
Counts as 1 of 5-a-day

Spread a **200g tub houmous** between **4 seeded wraps**. Coarsely grate **4 carrots** and scatter on top of the houmous, finishing each wrap with a **small handful rocket leaves** and some seasoning. Roll up and eat.

PER SERVING 355 kcals, protein 10g, carbs 37g, fat 19g, sat fat 3g, fibre 6g, sugar 8g, salt 1.09g

Cheese & ham quesadillas

SERVES 4 • PREP 5 mins • COOK 10 mins Easy

Mix **200g grated cheddar** with **140g shredded ham** and **1 bunch of sliced spring onions** (optional). Divide the mixture between **4 white wraps** and fold each one over to make half moons.

Heat a large frying pan. Cook the quesadillas for 1-2 mins each side until the cheese has melted and the outside is golden and crisp.

PER SERVING 414 kcals, protein 24g, carbs 29g, fat 23g, sat fat 12g, fibre 2g, sugar 2g, salt 2.53g

Cobb salad wraps

SERVES 6 • PREP 15 mins • COOK 10 mins Easy

Hard-boil **2 eggs**, about 10 mins. Cool, shell and cut into wedges. Meanwhile, roughly chop **6 rashers streaky bacon** and fry until crisp. Thinly slice **2 cooked chicken breasts**, crumble **140g blue cheese** and shred **1 Baby Gem lettuce**.

Spread **6 white wraps** with **½ tbsp mayo** each, then layer the other ingredients in the middle. Season with black pepper and roll up.

PER SERVING 428 kcals, protein 27g, carbs 28g, fat 24g, sat fat 8g, fibre 2g, sugar 1g, salt 2.03g

Egg mayo & watercress wraps

SERVES 4 • PREP 5 mins • COOK 10 mins Easy V Good for you

Roughly chop **4 hard-boiled eggs**, mix with **½ small, diced red onion**, **4 tbsp mayonnaise** and some seasoning. Spread onto **4 wholemeal wraps**, add a **handful of watercress** to each wrap, roll up and serve.

PER SERVING 202 kcals, protein 9g, carbs 1g, fat 18g, sat fat 4g, fibre 1g, sugar 1g, salt 0.42g

Prawn cocktail rolls

SERVES 3 • PREP 10 mins • NO COOK
Easy

Mix **3 tbsp mayo** with **1 tbsp tomato ketchup** and a **few drops of Tabasco**. Mix in **200g small cooked prawns**. Shred **1 Baby Gem lettuce,** then scatter over the middle of **3 wholemeal wraps**.

Top each with the prawn cocktail mix and some seasoning. Roll up and serve with extra **Tabasco**, if you like it hot.

PER SERVING 332 kcals, protein 20g, carbs 31g, fat 15g, sat fat 2g, fibre 2g, sugar 3g, salt 2.24g

Recipes ROSIE REYNOLDS | Photograph STUART

A balanced daily diet

Make sure your meals include fresh, unprocessed food, and eat at least five portions of fruit and veg every day (frozen counts, as does tinned – but not in syrup).

As a general rule, Guideline Daily Amounts (GDA) for women are: **calories** no more than 2,000 a day; **fat** 70g, with no more than 20g saturated fat; **salt** 6g; **sugar** 90g.

For more nutrition advice, including details of our healthy recipe symbols, turn to p147.

Photographs ALAMY, ADRIAN TAYLOR

Expert advice, feelgood recipes

Healthy

Inspiration and practical advice from nutritionist **Kerry Torrens**

How much red meat should you eat?

If you enjoy a bacon sandwich or a juicy steak, you probably didn't welcome the Government's recent advice on cutting back on red meat.

However, it isn't all bad news. The guidelines were introduced because of an association between a high intake of red meat and certain cancers, especially bowel cancer. Specifically, the idea is to encourage those who currently eat 90g or more of red or processed meat every day (equivalent to three slices of roast meat) to reduce their intake.

What you need to know 'Red meat' means beef, lamb and pork, and processed meats are those that have been smoked, cured or contain additives. These include ham, bacon, salami, sausages and burgers. The Department of Health suggests that we eat smaller portions, around 70g cooked weight per day or 500g a week. Cooked meat weighs about 70% of its uncooked weight, so 100g boneless would make up the daily 70g portion. Alternatively, eat these products less often, opting instead for white meat, such as chicken or turkey.

YOUR WEEKLY GUIDELINES

The positive news is that moderate amounts of lean red meat can form part of a healthy diet – it's a good source of protein, iron and zinc, and particularly helpful for those at risk of anaemia, especially menstruating women and teenage girls. So, Shepherd's pie or Bolognese can stay on the menu, just use less meat and bulk out dishes with vegetables and pulses.

	WEEK 1	WEEK 2	WEEK 3
Weekend brunch	Bacon sandwich, made with 3 rashers grilled back bacon	2 medium pork sausages	Traditional full English (1 small slice black pudding, 1 grilled rasher back bacon, 1 thin pork sausage)
Sunday roast	Roast lamb (2 medium slices)	Roast beef (2 medium slices)	Roast pork (2 medium slices)
Lunch on the go	Beef baguette	Ham sandwich	2 standard Scotch eggs
Midweek meal	Spaghetti Bolognese	Shepherd's pie	Chilli con carne
Dining out	1 slice of pizza with salami	Lamb chop	5oz steak

Make a simple swap

Couscous for Quinoa

Gluten-free and an excellent source of protein, quinoa is rich in B vitamins and a better source of calcium, magnesium, iron and fibre. Rinse well and boil the quinoa for 15 minutes, or follow pack instructions, and use to make a tabbouleh-style salad or pilaf; see *bbcgoodfood.com* for ideas.

BE WISE ABOUT EXAMS

If you're coping with a teenager cramming for exams, help them to a personal best by encouraging them to eat well.

Evening before the exam The ideal brain food is oily fish, as it provides key nutrients for that all-important memory. Mackerel and sardines are good choices. You'll find a quick and delicious recipe for sardines and spaghetti on our website.

Breakfast on the big day Slow-release energy will sustain concentration and alertness. A boiled egg with Marmite soldiers or porridge with yogurt, berries and seeds are ideal.

Ward off panic attacks Offer regular snacks – low-fat dairy, dips, veggie sticks, wholemeal bread and fresh fruit. Try Scandi cheese & crackers or Homemade houmous from *bbcgoodfood.com.*

Finally Pop an extra bottle of water in their bag – even mild dehydration can impair brain function, alertness and memory.

Turn the page for this month's healthy recipes ▶

Eat well all week

Simple main meals – perfect for staying on track, even on the busiest nights

Recipes JENNIFER JOYCE
Photographs GARETH MORGANS

Sustainable, good-for-you choice
£2.49 per serving

Steamed lemon tilapia with teriyaki sauce

SERVES 4 • PREP 10 mins • COOK 20 mins Easy Low fat

3 tbsp soy sauce
75ml/2½fl oz mirin (we used Cooks' Ingredients mirin from Waitrose, see tip, below)
2 tbsp sugar
1 lemon, juice ½, ½ sliced
250g/9oz basmati rice, rinsed in cold water
4 x 140g/5oz pieces tilapia
3cm/1¼in piece ginger, shredded
1 red chilli, sliced, deseeded if you like
small bunch spring onions, sliced

1 Pour the soy, mirin and sugar in a small saucepan with the lemon juice. Bring to the boil and simmer for 5 mins until slightly syrupy. Remove and set aside.
2 Put the rice in a large saucepan and cover with water, about 450ml. Bring to the boil, then turn down to a simmer. Cook for about 5 mins – the rice should have absorbed about ¾ of the water. Place the fish fillets on top.
3 Sprinkle each with ginger, chilli and a slice of lemon. Season, cover and cook for about 5 mins, until the fish and rice are cooked through. Serve with a drizzle of the sauce and sprinkled with the spring onions.

PER SERVING 409 kcals, protein 31g, carbs 70g, fat 3g, sat fat none, fibre 1g, sugar 12g, salt 2.23g

TIP If you can't get mirin, use white wine or rice vinegar instead and add an extra 1 tbsp sugar

HEALTHY BENEFITS

Tilapia is a good source of B vitamins, selenium, phosphorus and protein, but as it is largely farmed, it is low in omega-3 fatty acids. Steaming is the ideal way to cook tilapia because it eliminates the need for extra fat and preserves the water-soluble B vitamins

Food styling JENNIFER JOYCE | Styling JENNY IGGLEDEN

Chickpea & coriander burgers

SERVES 4 • PREP 15 mins plus chilling • COOK 10 mins Easy V ❄ Cooked or uncooked

Superhealthy High in fibre, counts as 2 of 5-a-day, Low fat

400g can chickpeas, drained
zest 1 lemon, plus juice ½
1 tsp ground cumin
small bunch coriander, chopped
1 egg
100g/4oz fresh breadcrumbs
1 medium red onion, ½ diced, ½ sliced
1 tbsp olive oil
4 small wholemeal buns
1 large tomato, sliced, ½ cucumber, sliced and chilli sauce, to serve

1 In a food processor, whizz the chickpeas, lemon zest, lemon juice, cumin, half the coriander, the egg and some seasoning. Scrape into a bowl and mix with 80g of the breadcrumbs and the diced onions. Form 4 burgers, press remaining breadcrumbs onto both sides and chill for at least 10 mins.

2 Heat the oil in a frying pan until hot. Fry the burgers for 4 mins each side, keeping the heat on medium so they don't burn. To serve, slice each bun and fill with a slice of tomato, a burger, a few red onion slices, some cucumber slices, a dollop of chilli sauce and the remaining coriander.

PER SERVING 344 kcals, protein 15g, carbs 56g, fat 8g, sat fat 1g, fibre 6g, sugar 6g, salt 1.30g

Healthy veggie alternative to the classic burger
£1.20 per serving

Satisfying salad
£2.52 per serving

Spice up supper
81p per serving

Sweet & sour lentil dhal with grilled aubergine

SERVES 2 • PREP 10 mins • COOK 25 mins Easy V

Superhealthy High in fibre, good source of iron, counts as 4 of 5-a-day

100g/4oz red lentils, rinsed
1 tsp turmeric
1 tbsp tamarind paste (we used Bart)
2 tbsp vegetable oil
1 medium onion, thinly sliced
1 garlic clove, finely chopped
3cm/1¼in piece ginger, grated
1 tsp curry powder
1 medium aubergine, cut into 2cm slices
cooked basmati rice, lime or mango chutney and a few coriander leaves, to serve, if you like

1 Cover the lentils, turmeric and tamarind paste with 500ml water. Add some salt and boil for 15 mins or until very soft. Skim off any foam that forms on the top. Meanwhile, heat 1 tbsp of the oil and cook the onion, garlic and ginger until golden, about 5 mins.
2 Add the curry powder and cook for a further 2 mins. Pour in the lentil mixture and cook for another 10 mins.
3 Meanwhile, heat a griddle pan until very hot. Rub the remaining oil over the aubergine slices and season. Cook for 2-3 mins each side until cooked through and charred. Eat with basmati rice, lime or mango chutney and a sprinkling of coriander, if you like.
PER SERVING 325 kcals, protein 15g, carbs 41g, fat 13g, sat fat 1g, fibre 7g, sugar 10g, salt 0.72g

TASTE TEAM COMMENT
'This was simple and easy to follow. The texture was good and the dhal tasted excellent – it was good to have a change.' PENNY

Chicken breast with avocado salad

SERVES 1 • PREP 10 mins • COOK 10 mins Easy

Superhealthy Good source of vit C, counts as 2 of 5-a-day

1 skinless chicken breast
2 tsp olive oil (1 for the salad)
1 heaped tsp smoked paprika
FOR THE SALAD
½ small avocado, diced
1 tsp red wine vinegar
1 tbsp flat-leaf parsley, roughly chopped
1 medium tomato, chopped
½ small red onion, thinly sliced

1 Heat grill to medium. Rub the chicken all over with 1 tsp of the olive oil and the paprika. Cook for 4-5 mins each side until lightly charred and cooked through.
2 Mix the salad ingredients together, season and add the rest of the oil. Thickly slice the chicken and serve with salad.
PER SERVING 344 kcals, protein 32g, carbs 9g, fat 20g, sat fat 4g, fibre 3g, sugar 5g, salt 0.23g

• **For more healthy suppers, visit bbcgoodfood.com**

TASTE TEAM COMMENT
'I loved the flavours – the smoked paprika was hot, while the salad provided a cooling contrast. Great for a quick dinner after work.' REBEKAH

Spaghetti with crab, cherry tomatoes & basil

SERVES 3 • PREP 10 mins • COOK 15 mins Easy

Superhealthy Good source of vit C, counts as 1 of 5-a-day, Low fat

1 tbsp extra virgin olive oil
2 garlic cloves, chopped
pinch chilli flakes
200g/7oz cherry tomatoes, halved
zest and juice 1 lemon
2 x 170g cans white crab meat, drained
200g/7oz spaghetti
1 tsp capers, drained and rinsed
handful basil leaves, roughly chopped

1 In a large frying pan, heat the olive oil. Add the garlic and chilli flakes. Cook until just pale golden, then add the tomatoes. Cook 3 mins more on a high heat until the tomatoes start to break down a little. Add the lemon juice and cook for 1-2 mins. Remove from the heat and stir in the crab to warm through – not too much or it will break up.

2 Boil the pasta in a large pan of salted water following pack instructions then drain. Mix the pasta in the warm pot with the sauce, lemon zest and capers, and toss the basil through.

PER SERVING 349 kcals, protein 26g, carbs 52g, fat 6g, sat fat 1g, fibre 3g, sugar 5g, salt 1.36g

HEALTHY BENEFITS

Low in fat, canned crabmeat is a good source of protein and also supplies calcium, iron and zinc. Tomatoes are packed with vitamins A and C as well as protective lycopene, which this recipe makes the most of – cooking increases its potency and combining with oil improves absorption.

Punchy flavours
£1.32 per serving

GOOD FOR YOU

Healthy ingredient

Asparagus

British asparagus has a short season so make the most of this delicious, healthy delicacy while it's around, says **Natalie Savona** our health expert

Photograph STUART OVENDEN

Half a dozen or so cooked spears of this tender green veg provides some of each of the B vitamins we need, but most significantly, will give you around three-quarters of your daily dose of folic acid. While this vitamin is best known for helping avoid spinal defects in newborn babies, it is also essential for the body to make red blood cells and recent research has linked it to mood balance and good heart health.

Asparagus also contains rutin, a chemical which has antioxidant and anti-inflammatory properties. In studies on animals, rutin helped to reduce inflammation in arthritis and asthma; it is also known to strengthen blood capillaries, the small vessels that can swell in haemorrhoids and in the legs.

Like all fruit and veg, asparagus provides a sound dose of fibre, including inulin. This insoluble fibre is known for its 'prebiotic' qualities, which means that it can stimulate the growth of healthy bacteria in the intestines. Inulin can also help the body to absorb calcium more effectively.

Crab & asparagus salad with chilli & lime dressing

SERVES 4 • PREP 10 mins • COOK 5 mins Easy **Superhealthy**

Counts as 1 of 5-a-day, Low fat

This dish is also perfect as a starter as well and would easily serve 6.

200g pack asparagus tips
2 large handfuls pea shoots
½ cucumber, cut into ribbons with a peeler
100g/4oz white crab meat
FOR THE DRESSING
juice 1 lime
1 tbsp olive oil
2 tbsp rice wine vinegar
pinch sugar
1 tsp Thai fish sauce
1 red chilli, finely chopped

1 Cook the asparagus in lots of boiling salted water until tender, about 3 mins, then drain and cool under running water. Set aside on kitchen paper to absorb any excess water. To make the dressing, combine all the ingredients in a small bowl and set aside.

2 On a large platter or 4 smaller plates arrange the leaves and cucumber, then scatter on the asparagus and crab. Drizzle over the dressing just before serving.

PER SERVING 70 kcals, protein 7g, carbs 3g, fat 4g, sat fat 1g, fibre 1g, sugar 2g, salt 0.59g

• **For more ways with asparagus visit bbcgoodfood.com**

3 REASONS TO EAT MORE

- Rich in folic acid
- Contains the anti-inflammatory chemical rutin
- Good source of soluble fibre inulin, which encourages healthy intestinal bacteria

ANOTHER QUICK IDEA

Salmon & asparagus pesto

SERVES 4 • PREP 10 mins • COOK 5 mins Easy Low fat

Cook **225g asparagus** in boiling water for 3 mins, then drain (reserving 4 tbsp cooking water) and cool under cold water. Drain and cut off the tips.

Blitz the stems with a **handful baby spinach**, **50g grated Parmesan**, **1 tbsp pine nuts**, **1 garlic clove**, **1 tbsp olive oil** and some black pepper. Blitz with the cooking water to form a pesto. Toss through **500g cooked pasta**, with the reserved tips and **200g shredded smoked salmon**.

PER SERVING 290 kcals, protein 23g, carbs 25g, fat 12g, sat fat 4g, fibre 2g, sugar 2g, salt 2.68g

Food styling KATE CALDER | Styling JO HARRIS

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The Ultimate
MAKEOVER

Burgers

Angela Nilsen turns a barbecue favourite into a superhealthy treat that's still deliciously satisfying
Photographs DAVID MUNNS

Burgers can be high in fat and calories, but it's not just the meat that's to blame. It's the little extras we like to pile on – like the cheese, ketchup and mayonnaise. My aim was to lighten the load but not the burger experience.

Nutritionist Fiona Hunter advised: 'Use the leanest meat you can find. Choosing 10%-fat beef mince as opposed to regular can make a huge difference.' I considered going leaner still and using venison, chicken or turkey, but decided to stick with beef for a classic taste. Fiona also suggested that I bulk out the meat with grated carrot. This would help to stop the burgers drying out as well as reducing the fat.

To replace the mayo and ketchup, I planned to make a pepper salsa. 'Meat mostly lacks vitamin C, so including peppers will help to boost that,' said Fiona. 'Also, as darker salad leaves have the greatest nutritional value, I would put watercress or rocket in the buns instead of lighter green lettuce.'

Using reduced-fat mince can mean a loss of flavour. To compensate, I tried different flavourings to complement rather than take over the meatiness, before finding a winning combination.

By cooking the burgers on a griddle, using a minimum of oil to stop them sticking, we kept the fat level down. Roasting the peppers and tomatoes for the accompanying salsa heightened their natural sweetness and after some last-minute changes, these burgers were declared Superhealthy by *Good Food* nutritionist Wendy Doyle.

The verdict

My tasters all agreed that this was one to make for summer barbecues. Wendy Doyle was impressed, too. Not only had I lowered the fat by well over half, she said there was now more than enough vitamin C to meet the recommended intake for the whole day.

How I made it healthier

- Reduced fat by using lean mince and bulking the mixture out with grated carrot.
- Kept oil for cooking to a minimum by brushing it onto the burgers.
- Reduced the salt by flavouring with mustard, garlic and tarragon.
- Improved nutritional value by upping the veg and vitamin C – I mixed carrot in the burgers, used red peppers and tomatoes in the salsa, and replaced regular lettuce with watercress.
- Eliminated creamy dressings and served a fresh, juicy salsa instead.
- Upped fibre by using wholemeal rolls.

This is the result...

	Classic burger	Healthier burger
kcals	604	405
fat	39.7g	15.4g
sat fat	12.7g	5g
salt	2.0g	1.44g

OTHER WAYS TO USE...

- **The meat mix** Shape into meatballs and serve with spaghetti and a tomato sauce. Or, omit mustard and tarragon, replace with 1 tbsp each chopped mint and oregano and serve in pitta bread with tomato, cucumber and natural yogurt.
- **The salsa** Offer as an accompaniment to barbecued fish or chicken. Or serve as bruschetta, spooned onto slices of griddled, lightly oiled French bread.

WHAT IF I USED...

- **400g regular beef mince?** The fat would increase to 22g (8.1g sat fat) per burger.
- **500g regular beef mince and no carrot?** The fat would increase to 25.9g (9.9g sat fat) per burger.
- **8 tsp of mayonnaise instead of the salsa?** The fat would increase to 22.9g (6.3g sat fat) per burger.

A

B

C

D

The Ultimate makeover Burgers

SERVES 4 • PREP 25 mins • COOK 40 mins
Easy • raw burgers only
Superhealthy Good source of vit C, counts as 2 of 5-a-day

FOR THE BURGERS
400g/14oz lean beef mince (10% fat), preferably organic
5 spring onions, finely chopped
140g/5oz finely grated carrot
2 garlic cloves, finely chopped
2 tsp Dijon mustard
1 tbsp chopped tarragon
1 medium egg, beaten
4 wholemeal bread rolls, split in half
1½ tsp rapeseed oil, for brushing
25g/1oz watercress

FOR THE ROASTED PEPPER SALSA
2 large red peppers halved lengthways and deseeded
100g/4oz cherry or baby plum tomatoes, halved
2 tsp lime juice
2 tsp snipped chives
¼ very small red onion, thinly sliced
pinch crushed chillies

1 Tip the mince into a bowl with the spring onions, grated carrot, garlic, mustard, tarragon and egg. Mix well using a fork. Season with pepper and a pinch of salt, then divide the mixture into 4. Flatten each piece with your hands into a 10cm round (A), about 2cm thick – a similar width to the buns. Chill for about 30 mins. *Or can be made a day ahead: stack the burgers between pieces of greaseproof paper to stop them sticking, wrap in cling film then chill until ready to cook.*

2 Meanwhile, heat oven to 200C/fan 180C/gas 6. Lay the peppers, cut sides down, on a non-stick baking sheet. Roast for 35 mins until the skins are charred, laying the tomatoes next to them, cut-side up, for the final 3 mins just to soften slightly. Remove and immediately transfer the peppers to a small bowl and cover with cling film. Leave for 5-10 mins until cool enough to handle. Peel off the pepper skins (B), chop the peppers and tip them back into the bowl to join any juices there. Chop the tomatoes and stir into

Food styling ANGELA NILSEN | Styling JO HARRIS

Superhealthy, super-tasty

the peppers with the lime juice, chives, onion and chillies. Taste and add a grind of pepper if needed. Set aside. *Can be made 1-2 days ahead and chilled.*
3 Heat a griddle pan, or cook the burgers on the barbecue. Lay the cut sides of the buns on the griddle and cook until marked with the griddle bars. Brush each burger on one side with some of the rapeseed oil. Place on the hot griddle, oiled side down. Cook – don't move them or they may stick – for 5 mins for medium, brush the unoiled side with the rest of the oil (C), then turn and cook for another 5 mins. (For well done, add an extra 1-2 mins to each side.)
4 Remove and let the burgers rest for 2-3 mins. Drizzle a little of the pepper juices over the bottom of each bun to moisten, lay on some watercress sprigs, top with a burger, then a spoonful of the salsa (D), spooning over some more of the juices. Sandwich together with the tops of the buns.

PER SERVING 405 kcals, protein 32g, carbs 37g, fat 15.4g, sat fat 5g, fibre 5g, sugar 10g, salt 1.44g

• For more of Angela's Ultimate makeover recipes, visit bbcgoodfood.com

The fat that does you good

Not all fats are bad. Some, such as omega-3, are essential to good health. **Kerry Torrens** explains more about this important oil

Getting the right balance

Our modern diet tends to be high in the unhealthy saturated fats found in meat and dairy foods, as well as a type of polyunsaturated fat called omega-6, found in spreads and some oils, including sunflower. At the same time, our diet is low in healthy omega-3 fat.

Getting the right balance is important because too much saturated fat and omega-6 will reduce our body's ability to use the beneficial omega-3.

Why we need omega-3

Omega-3 fats are the building blocks of every cell in the body – essential for healthy skin, they are vital for our overall wellbeing. They protect against heart disease and improve circulation, reduce the symptoms of inflammation and support our immune function. Omega-3 is particularly important for expectant mums because these fats are critical to the baby's brain development.

How to eat more

One of the best ways to increase your intake and to achieve a balance between omega-6 and omega-3 is to eat more fish, especially oily varieties, such as salmon, trout, mackerel, sardines and fresh or frozen tuna. The Food Standards Agency recommends that we eat at least two portions of fish a week (a portion is 140g), one of which should be an oily fish.

Women of reproductive age should limit oily varieties to two portions per week (because oily fish may contain pollutants), but men, boys and older women can enjoy more. Also, eat nuts, seeds and their oils especially walnut, hempseed, flaxseed and pumpkin seed, and green leafy vegetables and beans, such as the soya beans used in this recipe, right.

Not keen on oily fish? Try these ideas

- Use omega-3 rich eggs (like Goldenlay, Columbus or Intelligent Eating), from chickens fed an omega-3 rich diet. Three eggs provide about the same amount of omega-3 as a portion of salmon.
- Swap your salad dressing oils for flaxseed, hemp, pumpkin and walnut oils.
- Add ground nuts to yogurts, porridge and smoothies. Sprinkle salads, stir-fries and soups with pumpkin or sesame seeds. Spread sugar-free nut or seed butters on toast or add a spoonful to sauces.

Salmon & soya bean salad

SERVES 2 • PREP 15 mins • COOK 10 mins Easy **Superhealthy**

Good source of omega-3, iron, folic acid and vit C, counts as 3 of 5-a-day

1 large omega-3 rich egg (see panel, left)
200g/7oz frozen soya beans, defrosted
zest and juice 1 lemon
2 tbsp flax seed oil (we used granoVita)
250g pouch Puy lentils
small bunch spring onions, sliced
2 poached salmon fillets, skin removed

1 Put the egg in a pan, cover with cold water and bring to the boil. Cook for 4 mins (or 8 for hard-boiled), adding soya beans to the pan for the final min, then drain and run under cold water to cool. Shell and cut egg into 6 wedges, then set aside.
2 Mix the lemon juice and zest with the oil, season, then stir through the soya beans, lentils and spring onions.
3 Divide between 2 plates, then gently break the salmon into large flakes and put on top of the lentils along with the egg. Try it with seeded brown bread.

PER SERVING 618 kcals, protein 49g, carbs 41g, fat 30g, sat fat 5g, fibre 14g, sugar 6g, salt 1.47g

TIP Increase omega-3 levels in other recipes by swapping smoked salmon for poached, steamed or baked salmon. Omega-3 fats are delicate and some will be lost during the smoking and cooking process. It's more expensive, but wild fish is also a rich source of omega-3.

Fantastic healthy lunch or supper

Photograph CAROLYN BARBER | Recipe and food styling ROSIE REYNOLDS | Styling JENNY IGGLEDEN

In season

- Delicious new recipes for courgettes
- James Martin's classic picnic dishes
- Inspirational vegetarian ideas
- Jamie Oliver cooks Italian steak
- Growing tomatoes

Make more of courgettes

We know you love this delicate green vegetable as so many of you search our website for different ways to cook them. That's why we've created these fresh recipes – try them and discover your new favourite Photographs MYLES NEW

New recipes you'll love

Stuffed courgette flowers with olive dressing – recipe, p66

Courgette, potato & cheddar bread
– recipe, p66

They're easy to grow and cheap to buy, so it's no wonder our readers ask the same question every year – what should I do with my courgettes? The options are endless – bake them slowly, barbecue them, or serve raw and thinly sliced – they're as versatile as summer days are long

Courgette & orzo bake – recipe, p66

Griddled courgettes with pine nuts & feta – recipe, p67

Serve at a barbecue

Stuffed courgette flowers with olive dressing

SERVES 4-6 • PREP 15 mins • COOK 20 mins Moderately easy V

Courgette flowers are one of the few truly seasonal ingredients and their time is short. If you can't find them, fry courgette slices or baby courgettes and serve mozzarella and dressing on the side.

100g/4oz plain flour
100g/4oz cornflour
200ml/7fl oz cold sparkling water
2 x 150g balls mozzarella
12 courgette flowers
sunflower oil, for deep frying
FOR THE DRESSING
small handful of good green olives, pitted and chopped
2 ripe tomatoes, deseeded and diced
1 tbsp white wine vinegar
3 tbsp extra virgin olive oil
small bunch basil, thinly sliced

1 For the dressing, combine the olives, tomatoes and vinegar with seasoning and enough of the oil to bind. Set aside, then add the basil just before serving.
2 Sieve the flours with a pinch of salt into a large bowl and make a well in the centre. Pour in the water and stir to combine. Do not overbeat the mixture – it should be just combined and can have a few lumps.
3 Drain and pat the mozzarella balls dry, tear into small pieces, then season. To stuff the flowers, open the petals, pop in some mozzarella, then gently twist the petals to re-seal them.
4 Heat the sunflower oil in a large pan until a cube of bread browns in 20 secs. Drop the flowers into the batter, then remove, shaking off excess. Fry in batches of 2 or 3 until lightly golden, drain on kitchen paper and season with a little salt. Keep warm in a low oven as you cook the rest. Pile onto a platter and drizzle with the dressing.

PER SERVING (4) 555 kcals, protein 17g, carbs 44g, fat 36g, sat fat 12g, fibre 2g, sugar 2g, salt 1.16g

Courgette, potato & cheddar bread

CUTS INTO 6-8 • PREP 20 mins plus rising • COOK 1 hr 15 mins

Easy V Good for you, Low fat

This is more than just bread, it's lunch baked in a loaf. Serve with a sharp salad and enjoy in the afternoon sunshine.

500g/1lb 2oz new potatoes
500g/1lb 2oz strong flour
7g sachet dried yeast
1 courgette
85g/3oz strong cheddar (or vegetarian alternative), grated
few thyme sprigs
2 tbsp olive oil, plus extra for greasing

1 Boil the potatoes in salted water until just tender, drain and allow to cool a little. Put the flour and yeast into a large bowl. When the potatoes are cool enough to handle, coarsely grate half straight into the mix, tossing occasionally to coat in the flour. This will stop the potatoes sticking in clumps.
2 Grate in half the courgette, add half of the cheese and strip in half of the thyme leaves. Add 1 tbsp olive oil mixed with 175-200ml hand-warm water. Bring the dough together and knead for a couple of mins. Put into a lightly oiled bowl, cover and leave to rise in a warm place until doubled in size.
3 Heat oven to 200C/180C fan/gas 6. Grease a 20cm x 30cm tin. Push the bread dough into the tin firmly, pushing out air. Finely slice the remaining potatoes and courgette. Scatter over the top along with the remaining thyme and poke in roughly with your fingers so the slices stick out a little. Cover with oiled cling film and leave to rise again for about 45 mins. Drizzle with the rest of the olive oil, scatter with the remaining cheese, then cook for 50 mins-1 hr, until well risen and golden. Leave to cool, then serve, cut into squares.

PER SERVING (8)330 kcals, protein 10g, carbs 60g, fat 8g, sat fat 3g, fibre 3g, sugar 2g, salt 0.22g

GoodFood iPad edition

• To see a video on how to knead, rise and shape bread dough, download the June *Good Food* magazine iPad App from the Apple app store.

Courgette & orzo bake

SERVES 6-8 • PREP 15 mins • COOK 45 mins Easy V

Orzo, rice-sized pasta, is often used in soup. It works well in this lovely bake.

200g/7oz baby courgettes, halved
2 tbsp olive oil
25g/1oz butter
2 onions, chopped
3 garlic cloves, chopped
3 courgettes (just under 500g weight), coarsely grated
500g bag orzo
small glass white wine, if you have it
1 litre/1¾ pints vegetable stock
85g/3oz Parmesan (or vegetarian alternative), grated
1 slice white bread, whizzed to crumbs

1 Heat oven to 240C/220C fan/gas 9. Toss the baby courgettes with half the oil in a roasting tin and roast for 10 mins, until the courgettes are starting to colour.
2 Reduce oven to 180C/160C fan/gas 4. Heat the remaining oil and butter in your largest frying pan and soften the onions and garlic gently. Add the grated courgettes, and turn up the heat. Cook until softened. Stir in the orzo and wine, if using, for a minute, then turn off the heat and stir in the stock, most of the Parmesan and some seasoning.
3 Transfer to a baking dish and arrange the baby courgettes on top. Bake for 15 mins, take out of the oven and scatter with breadcrumbs and the remaining Parmesan and bake for 10 mins more. Eat immediately.

PER SERVING (6) 455 kcals, protein 19g, carbs 69g, fat 14g, sat fat 6g, fibre 3g, sugar 7g, salt 0.83g

Recipes SARAH COOK & BARNEY DESMAZERY | Food styling SARAH COOK | Styling ELIZABETH GALBRAITH

Griddled courgettes with pine nuts & feta

SERVES 4 • PREP 10 mins • COOK 20 mins Easy V

Superhealthy Counts as 1 of 5-a-day

Serve this as a starter or as a side dish with roasted or barbecued chicken or lamb.

2 tbsp extra virgin olive oil
3 large courgettes, thickly sliced
zest 1 lemon
100g/4oz feta
3 tbsp pine nuts
1 red chilli, deseeded and chopped
small bunch mint, torn

1 Brush a griddle pan with a little of the oil and place on a high heat, then griddle courgettes in batches for 2-3 mins on each side until charred and cooked through. Keep warm while you cook the rest.

2 Layer on a platter and sprinkle over the lemon zest, then top with the feta, pine nuts, chilli and mint. Drizzle over the rest of the oil and some seasoning. Serve warm or at room temperature.

PER SERVING 181 kcals, protein 7g, carbs 3g, fat 16g, sat fat 5g, fibre 1g, sugar 2g, salt 0.67g

BUY THE BEST

- Courgettes are a member of the squash family – homegrown, they are in season from May to September.
- As well as the most common long, green variety, courgettes can also be yellow, and round or oval – but they all have a similar flavour.
- Choose smaller, smooth-skinned, courgettes that feel heavy for their size.
- They will keep in good condition in the fridge for about 5 days.
- The flowers are often deep-fried. Choose ones with a small courgette attached to get more out of a recipe.
- Courgettes pair with a long list of other ingredients, but some of the best are garlic, olive oil, tomatoes, soft green herbs, chillies, lemon and cheese.

Hearty bake with a spicy sauce

• **For more courgette recipes, including unusual and delicious cakes and muffins, visit bbcgoodfood.com**

Baked courgettes stuffed with spiced lamb & tomato sauce

SERVES 4 • PREP 15 mins • COOK 1 hr Easy

Superhealthy Good source of iron and vit C, counts as 2 of 5-a-day

Serve warm rather than hot, with bread to mop up the sauce. This recipe will also work with marrow.

4 large courgettes, halved lengthways
1 tbsp olive oil
small handful coriander leaves

FOR THE STUFFING
500g/1lb 2oz lean minced lamb
2 tsp each ground cumin, coriander, and cinnamon
1 tsp cayenne pepper

FOR THE TOMATO SAUCE
1 tbsp olive oil
4 garlic cloves, crushed
1 tsp each ground cayenne pepper, cinnamon, coriander and cumin
2 x 400g cans chopped tomatoes
2 tsp sugar

1 Heat oven to 220C/200C fan/gas 7. Make the tomato sauce in a medium pan by heating the oil and frying the garlic for 2-3 mins until soft, then adding the spices and frying for 1 min more. Pour in the tomatoes and sugar and simmer with half a tin of water for 20 mins, until thickened. Season.

2 Meanwhile, scoop out and discard some of the flesh of the courgettes and lay them in 1 large or 2 small roasting trays, drizzle with the oil and bake for 15 mins until golden and softened slightly.

3 For the stuffing, mix the lamb with the spices and some salt. Try not to squash it together too much, instead lightly mix it with your hands until just combined. When the courgettes are ready, pile the lamb into the cavities and drizzle on the sauce. Bake for 15-20 mins until the sauce is bubbling. Top with the coriander and serve.

PER SERVING 200 kcals, protein 16g, carbs 8g, fat 12g, sat fat 4g, fibre 2g, sugar 5g, salt 0.3g

James Martin's KITCHEN

Picnic classics

The best picnic dishes are easy to eat, even easier to transport and packed with flavour. These fit the bill perfectly – all you need now is the sunshine!
JAMES MARTIN BBC *Saturday Kitchen* presenter

Layered salad with Parmesan croutons – recipe, p70
By layering these ingredients in a particular order you can prepare this ahead, all in one container, without the dressing making everything soggy

I love tucking into a pork pie on a sunny picnic – just be sure to pack a jar of your favourite pickle, chutney or mustard

Mini pork pies
– recipe, p70

Don't forget the napkins!

Bacon-wrapped chicken drumsticks

SERVES 6-12 • PREP 10 mins • COOK 50 mins Easy

juice 1 lemon, plus extra wedges to serve
2 garlic cloves, crushed
12 chicken drumsticks
12 rashers smoked streaky bacon
crusty baguette, to serve

1 Heat oven to 200C/180C fan/gas 6. Mix together the lemon juice and garlic with some seasoning. Prick the chicken several times with a sharp knife and drizzle with half the garlicky lemon juice. Wrap each one in a rasher of bacon and put in a single layer in a roasting tin. Drizzle on the remaining lemon juice.
2 Cook for 45-50 mins until the chicken is cooked through and the bacon is starting to crisp up. Flash under a hot grill if you like your bacon really crisp.
3 Eat warm or allow to cool, then chill until you're ready to pack up in an airtight container. Eat with crusty bread and some extra lemon squeezed over the chicken, if you like.

PER SERVING (6) 286 kcals, protein 34g, carbs none, fat 17g, sat fat 6g, fibre none, sugar none, salt 1.45g

Layered salad with Parmesan croutons

SERVES 6 • PREP 15 mins • COOK 25 mins Easy V Good for you

3 thick slices white bread (day-old is better)
1 tbsp olive oil, plus extra for greasing
75g/2½oz Parmesan (or vegetarian alternative), 25g grated, 50g shaved
500g/1lb 2oz new potatoes, thickly sliced
200g/7oz green beans
4 Baby Gem lettuces, leaves separated and torn
FOR THE DRESSING
150g pot fat-free yogurt
25g/1oz Parmesan, finely grated
juice ½-1 lemon, depending on taste
2-3 tbsp olive oil
2 tbsp white wine vinegar
dash Tabasco sauce
1 garlic clove, crushed

1 Heat oven to 220C/200C fan/gas 7. Cut the bread into bite-sized chunks and toss with the olive oil and some seasoning. Put onto a well-oiled baking tray and sprinkle on the grated Parmesan – try to get it on the bread as much as possible, rather than the tray, or it will stick. Cook for 10-12 mins until golden and crisp. Remove and cool.
2 Cook the potatoes in a large pan of boiling water for about 8 mins, then add the green beans and cook for about 2-3 mins more until both are tender. Drain and cool under cold running water, then set aside. Mix all the dressing ingredients with some seasoning and pour into the bottom of a large, deep container or bowl.
3 Layer up the salad on top of the dressing, starting with the potatoes, then the green beans, the salad leaves, the shaved Parmesan and finally the croutons. It is important to layer the salad in this order to stop the leaves wilting or the croutons going soggy. Chill until ready to go. To serve, toss all the ingredients together.

PER SERVING 274 kcals, protein 12g, carbs 28g, fat 13g, sat fat 4g, fibre 2g, sugar 5g, salt 0.62g

Mini pork pies

MAKES 12 • PREP 40 mins • COOK 1 hr 15 mins Moderately easy

800g/1lb 12oz lean pork mince
1 large onion, finely chopped
1 tsp freshly grated nutmeg
1 tsp English mustard powder
1 tbsp Worcestershire sauce
FOR THE PASTRY
200g/7oz lard
750g/1lb 10oz plain flour, plus extra for dusting
oil, for greasing
1 egg, lightly beaten

1 Mix the filling ingredients and season. Grease 12 holes of a muffin tin and line each with a strip of baking parchment, to make pies easier to remove from tins.
2 To make pastry, bring the lard and 250ml water to the boil in a small pan. Sieve the flour into a food processor and add 2 tsp salt. While processor is on, pour in lard and water mix, then blend until you have a smooth dough. Turn out into a bowl and remove two-thirds, covering the final third with a tea towel to keep warm.
3 Roll larger piece out on a floured surface to about 2-3mm thick – work quickly as the dough is easier to work with when warm. Cut out 12 x 11cm circles using a pastry cutter. Line each hole of the tin with the circles, pushing them in with your fingers and leaving a slight overhang.
3 Heat oven to 180C/160C fan/gas 4 and put in a baking tray. Divide filling between pastry cases, pushing down lightly. Roll out remaining pastry on a floured surface and stamp out 12 x 8cm circles. Brush edges of filled cases with egg, then put lids on top. Pinch together and crimp the edges with your fingers. Brush with beaten egg and set aside the rest for later.
4 Bake in oven for 30 mins, then remove the tin and tray, and gently take the pies out of the holes. Brush the sides and top again with egg and place directly onto the baking tray. Turn oven to 200C/180C fan/gas 6 and cook for 25-30 mins until the sides are set and tops a deep golden colour. Remove and cool on a wire rack.

PER SERVING 494 kcals, protein 23g, carbs 51g, fat 24g, sat fat 9g, fibre 2g, sugar 2g, salt 1.01g

Photographs GARETH MORGANS | Food styling SARAH COOK and ROSIE REYNOLDS | Styling LISA HARRISON

The modern Vegetarian

Denis Cotter, who runs the award-winning Cafe Paradiso restaurant in Co Cork, shares some of his inventive vegetarian dishes
Photographs MAJA SMEND

Lucy's breakfast sausages with spiced tomato chutney – recipe, p74

Food styling LIZZIE HARRIS | Styling TONY HUTCHINSON | Healthy benefits KERRY TORRENS

Wild garlic mash with grilled asparagus & citrus tarragon Puy lentils – recipe, p74

Lucy's breakfast sausages with spiced tomato chutney

MAKES 30 sausages plus 4 x 450g jars chutney • PREP 1 hr plus freezing • COOK 1½ hrs Easy V ❄

Good for you, Low fat

If you've ever stayed at Gort na Nain Farm on the south coast of Co Cork, where much of the produce used in Cafe Paradiso comes from, you have surely eaten Lucy Stewart's homemade chestnut sausages. Lucy makes batches and freezes them, and the quantities below are about as small as it is worth doing. The sausages behave better in the pan if cooked straight from the freezer.

400g/14oz cooked chestnuts (pre-cooked, vacuum-packed ones)
250g/9oz firm tofu, mashed
1 onion, grated
2½ tsp sage, finely chopped
1 tsp rosemary or thyme, finely chopped
125g/4½oz strong cheddar or vegetarian cheddar, grated
1 tbsp soy sauce
½ lemon, juiced
½ tsp chilli powder
1 egg, beaten
200-250g/7-9oz fresh breadcrumbs
butter and/or olive oil, for frying

FOR THE SPICED TOMATO CHUTNEY
2 onions, finely chopped
2 garlic cloves, crushed
2 red peppers, deseeded and chopped
1 red chilli, chopped
1kg/2lb 4oz tomatoes, chopped
450ml/16fl oz malt or white wine vinegar
350g/12oz soft brown sugar
100g/4oz raisins
2 tsp black mustard seeds
2 tsp black onion seeds (also known as kalongi or nigella)
2 tsp smoked paprika
1 cinnamon stick

1 To make the sausages, whizz the chestnuts in a food processor to fine crumbs. Tip into a large bowl, add the rest of the ingredients, except the breadcrumbs and oil, and mix well to combine. Then add enough of the breadcrumbs to make a firm consistency.
2 Form into sausage shapes, then transfer to the freezer. The best way to do this is to put the sausages into freezer bags between sheets of baking parchment so that they don't stick together. Freeze for at least 2 hrs.
3 To make the tomato chutney, put all the ingredients in a large pan and stir well. Bring the mix slowly to the boil, reduce the heat then simmer for 1 hr-1 hr 20 mins, stirring occasionally until it has thickened and looks like jam.
4 Remove from the heat and allow to cool a little before removing the cinnamon stick. Carefully spoon the chutney into hot sterilised jars, screw the lids on and leave to cool. *The chutney can be made in advance or you can eat it right away with the sausages.*
5 When you are ready to eat the sausages, heat a little butter or olive oil or a mix of both in a frying pan. Remove the sausages from the freezer and cook for 5-7 mins, turning until they are brown all over and hot through. Serve with a generous dollop of tomato chutney and some scrambled eggs on toast.

PER SERVING 184 kcals, protein 6g, carbs 26g, fat 7g, sat fat 3g, fibre 2g, sugar 8g, salt 0.65g

Denis Cotter trained at London vegetarian restaurant Cranks, then worked in both New Zealand and Ireland before opening his own award-winning restaurant, Cafe Paradiso, in Cork. These recipes are adapted from his fourth book, *For the Love of Food* (£20, HarperCollins). You can buy the book for just £18 by calling 01326 569444, p&p is free, or online at *bbcgoodfood.com/sparkledirect*

Wild garlic mash with grilled asparagus & citrus tarragon Puy lentils

SERVES 4 • PREP 15 mins • COOK 40 mins Easy V ❄

If you can't get wild garlic, chop a small bunch of spring onions and mix with a small bunch of chopped chives or watercress.

50g/2oz Puy lentils
1.2kg/2lb 12oz potatoes, cut into chunks
150ml/¼pt milk
100g/4oz butter
4 tbsp wild garlic, chopped
1 tbsp olive oil, plus extra for drizzling
2 shallots, finely chopped
2 tbsp tarragon, finely chopped
25g/1oz butter
1 lemon, zest plus ½ juice
1 orange, zest plus 1 tbsp juice
12-16 asparagus spears, woody stalks removed

1 Bring a small pan of water to the boil. Add the lentils and cook for 15-20 mins until tender. Drain and set aside for later.
2 Boil the potatoes in a big pan of salted water until they are cooked, about 15 mins. Drain in a colander. Put the milk and butter into the pan and warm gently until the butter softens.
3 Put potatoes back in the pan and mash with milk, butter, wild garlic and seasoning. If you are using spring onions and chives or watercress, add them at this point.
4 Meanwhile, dress the lentils. Heat the olive oil over a medium heat, fry the shallots for 1 min, add the tarragon and cook for a few secs more. Stir in the lentils, butter, lemon and orange zest and juice and heat until the butter melts. Remove from the heat and season well.
5 Heat a griddle pan or grill. Drizzle the asparagus spears with oil, sprinkle with sea salt, then cook for a few mins, turning frequently until lightly golden on all sides.
6 Divide mash between warmed plates, add 3-4 asparagus spears to each, then spoon over lentils and juices from the pan.

PER SERVING 622 kcals, protein 14g, carbs 64g, fat 36g, sat fat 18, fibre 7g, sugar 6g, salt 0.50g

HEALTHY BENEFITS

Packed with stress-busting B vitamins, this recipe is a good source of protein as well as valuable minerals including magnesium, selenium, zinc and iron.

The citrus fruit – rich in vitamin C – aids the absorption of iron, while inulin, a fibre contained in asparagus, supports digestive health.

Serve with Indian flatbreads

Massaman curry of new potatoes, cauliflower, chickpeas & green beans with cucumber coriander salsa

SERVES 4 • PREP 30 mins • COOK 45 mins Easy V ❄

I saw this dish in a Thai restaurant described as being flavoured with cloves, cardamom and potato. That's what I want, I thought… imagine flavouring something with potato. Use any veg, so long as you keep the spuds.

1 tbsp each fennel and coriander seeds
2 tsp cumin seeds
1 tsp white peppercorns
5 cloves
5 cardamom pods, seeds only
1/3 cinnamon stick
1 tsp turmeric
2 dried bird's-eye chillies
100g/4oz shallots, roughly chopped
2 garlic cloves, roughly chopped
10g/1/3oz ginger
1 green chilli, deseeded, depending on taste
2 lemongrass stalks, roughly chopped
1 large bunch coriander, roughly chopped
200g/7oz new potatoes, sliced
2 tbsp vegetable oil
½ cauliflower, broken into florets
400ml can coconut milk
200g/7oz green beans
½ x 400g can chickpeas, drained
boiled rice, to serve

FOR THE CUCUMBER CORIANDER SALSA
½ cucumber, deseeded and finely chopped
2 spring onions, finely sliced
1 tomato, deseeded and finely chopped
1 bunch coriander, roughly chopped
2 limes, juice only

1 To make the curry paste, grind all the dry spices together in a spice grinder or use a mortar and pestle. Put the shallots, garlic, ginger, green chilli, lemongrass and half the coriander in a food processor and whizz until you get a fine paste.
2 Cook the potatoes in boiling salted water until just tender, about 6-8 mins.
3 Meanwhile, heat half the vegetable oil in a wok or large frying pan. Add the cauliflower and green beans, and stir-fry until the vegetables are starting to soften slightly.
4 Heat remaining oil in a large pan over a medium heat, then fry the paste for 5 mins. Add 2 tbsp of the dry spice mix and cook for 2 mins. Pour in the coconut milk and bring to the boil. Drain the potatoes.
5 Add the potatoes, chickpeas and stir-fried veg to the coconut milk, cover and simmer for 15-20 mins over a low heat. You might need to add a little bit more water from time to time to make the sauce richly wet.
6 While the curry is cooking, make the salsa in a bowl by combining the cucumber, spring onion, tomato, coriander and half the lime juice.
7 Once the curry is cooked, serve with boiled rice, a spoonful of the salsa and the rest of the lime juice poured over.
PER SERVING 374 kcals, protein 11g, carbs 27g, fat 26g, sat fat 15g, fibre 5g, sugar 9g, salt 0.52g

Jamie's Italian steak

Whether you are cooking indoors or out, Jamie's ham-wrapped steaks from his Italian restaurant are full of the flavours of summer
Photographs DAVID LOFTUS

Good Italian food can be so simple but it's got to have attitude and be properly made JAMIE OLIVER

Jamie's flash steak

SERVES 4 • PREP 20 mins • COOK 10 mins Easy

4 feather steaks (see Know-how, below)
16 sage leaves
12 slices of prosciutto
salsa picante (see recipe, right)
baby or chopped soft herbs, to serve
lemon juice, to serve
extra virgin olive oil, to serve

1 Place the steaks on a board and season with salt and pepper. Lay 4 sage leaves on each steak, then cover each one with 3 slices of prosciutto. Take a meat hammer or heavy rolling pin and pummel the steaks so that the prosciutto sticks to them, then lightly oil the steaks.
2 Get a griddle pan or barbecue really hot. Add the steaks and cook, turning to your liking. Allow the steaks to rest for 5 mins, then serve with salsa picante and herbs of your choice, dressed with a little olive oil, lemon juice and seasoning.
PER SERVING 375 kcals, protein 47g, carbs none, fat 21g, sat fat 8g, fibre none, sugar none, salt 1.21g

KNOW-HOW

Feather steak is a cut from the shoulder (also called feather blade). Although it can be tough, it has lots of flavour and the bashing it gets in this recipe helps to tenderise it. If you can't find feather steak, then rump would also be good.

Salsa picante

SERVES 4 • PREP 15 mins • NO COOK Easy

6 each yellow, red and baby plum tomatoes, quartered
6 plum tomatoes, deseeded and cut into strips
2 garlic cloves, finely chopped
large handful basil leaves, cut into strips
75ml/2½fl oz olive oil
juice ½ lemon

Combine all the ingredients and season to taste.

• This recipe first appeared in *Jamie Magazine*. The new issue is on sale now in supermarkets and WHSmith

Clever new way with a cheap cut of beef

June Seasonal & local

This is the month when fruit arrives, says **Clare Hargreaves**. Juicy strawberries, currants and gooseberries... it's time to get picking, cooking and jam-making

Diary dates

- **Open Farm Sunday** 12 June, nationwide. 02476 413911, *farmsunday.org*
- **Cheltenham Food & Drink Festival** 17-19 June. 01242 521997, *garden-events.com*
- **Slow Food Week** 20-26 June, nationwide. 020 7099 1132, *slowfood.org.uk*
- **Royal Highland Show** 23-26 June, Ingliston, Edinburgh. 0131 335 6200, *royalhighlandshow.org*
- **Colchester Food & Drink Festival** 25-26 June Castle Park, Colchester. 01206 525527, *colchesterfoodanddrinkfestival.co.uk*
- **Foodies Festival** 24-26 June, Bristol Harbourside. 0871 230 5573, *foodiesfestival.com*
- **Petworth Food Festival** 25-26 June. 0800 141 2823, *oakleighfairs.co.uk/petworth-food*
- **Spring into Summer Fair** 11-12 June, River Cottage HQ, near Axminster, Devon. 01297 630302, *rivercottage.net*
- **Bake and Taste Afternoons** 5, 12, 19, 26 June, Winchester City Mill, Hampshire. 01962 870057, *nationaltrust.org.uk/events*
- **Taste of London** 16-19 June, Regent's Park. 020 7471 1080, *tastefestivals.com/london*
- **BBC Summer Good Food Show** 15-19 June, NEC Birmingham. Demos include Saturday Kitchen Live hosted by TV chef James Martin, as well as appearances by Mary Berry, John Torode and Gregg Wallace, plus fantastic shopping and free entry to BBC Gardeners' World Live. 0844 581 1341, *bbcgoodfoodshowsummer.com*

GoodFood Show Summer NEC Birmingham 15-19 June 2011

Fresh this month

Juicy explode-in-the-mouth strawberries – Britain's most popular berry – spell the arrival of summer. You can buy imported ones all year round, but to eat them at their nutritional peak and tasty best, now is the season.

In the past few decades, a relatively modern Dutch variety called Elsanta has ruled the supermarket shelves, due to its long shelf life and resistance to disease. But recently, supermarkets have responded to demand for alternative varieties. However, to try more traditional varieties, you will need to visit specialist pick-your-owns (see list, below), or grow them yourself.

An advantage of buying at PYOs and farm shops, or growing them, is that your strawberries will be fully ripe and totally fresh, which is when they're sweetest. Like asparagus and sweetcorn, strawberries start to deteriorate as soon as they're picked. If you get the chance, do try Alpine strawberries, which are delicious. I like the Baron Solemacher variety, which grows in neat clumps and makes a good edging plant.

To get the most out of your strawberries, leave them at room temperature rather than eating them straight from the fridge. To tease out flavours further, marinate them in fruit juice (orange, lemon or lime) or a dash of balsamic vinegar for 20 minutes or so.

Strawberries are incredibly good for you. As well as being high in antioxidants, a 100g portion contains almost twice your daily requirement of vitamin C.

PYOs that grow old varieties

All have shops, if you haven't got time to pick: Essington Fruit Farm, near Wolverhampton, 01902 735724, *essingtonfarm.co.uk;* Kenyon Hall, Warrington, Cheshire, 01925 763646, *kenyonhall.co.uk;* Garsons, Esher, Surrey, 01372 464389, *garsons.co.uk;* Rectory Farm, Stanton St John, Oxfordshire, 01865 351677; Border Berries, Rutherford Farm, Kelso, 01835 823763, *borderberries.co.uk.*

Some varieties to look out for

Elsanta This modern Dutch variety will keep for up to five days. Critics say shelf life is at the cost of flavour, but in the berry's defence this is probably because it's often picked before being fully ripe, so if growing yourself let it fully ripen (June-July).
Fenella A new variety yielding glossy red fruits with a pleasing combination of tart and sweet flavours (late summer).
Florence Dark red and not as shiny as some varieties, but it has a lovely sweet flavour when fully ripe (July-Aug).
Hapil Juicy, soft-fleshed and red all the way through, this is one of the best-sellers at Essington Fruit Farm (see below left). It's highly productive and vigorous (mid-summer).
Jubilee Naturally sweet, with a heart shape, it's become increasingly popular in shops over the past decade (June-Sep).
Royal Sovereign A gardener's favourite, its popularity is due to a delicious taste and soft texture. Fruits are small and plants are less productive than modern varieties, so it's not grown commercially (June-July).
Sonata From Holland, a cross between the Elsanta and the Polka cultivars. Favoured by supermarkets for its uniform shape, sweet taste and juicy texture (mid-season at home, April-Oct grown commercially).
Sweet Eve and **Eve's Delight** Two new varieties, pioneered in Kent. Popular in supermarkets due to their sweetness, perfumed aroma and shelf life (May-Sep).

Also in season

- **Beetroot** • **Broad beans** • **Cherries**
- **Garlic** • **Globe artichokes** • **Gooseberries**
- **Herbs** • **Lettuce** • **Mackerel** • **Mangetout and sugar snaps** • **Peas** • **Raspberries**
- **Red/blackcurrants**
- **Rhubarb** • **Rocket**
- **Samphire** • **Spinach**
- **Watercress** • **Wood pigeon**

Photographs STEPHEN MARWOOD, PHILIP W

Can fish farms save depleted stocks?

Buying sustainable fish and seafood can be confusing. Advice seems to change as frequently as the tides, so it's tough navigating through the dos and don'ts.

What we do know for sure is that wild fish stocks are diminishing at an alarming rate – EU figures indicate that 80 per cent of European stocks are overfished. Thanks to Hugh Fearnley-Whittingstall's recent TV series, we've become aware too of the scandalous fact that the EU quota system is forcing North Sea fishermen to throw back half of their catch dead.

What's the solution? Some say it's to stop eating fish; others that we should kick our salmon-tuna-cod habit and switch to fish that are abundant in UK waters, like mackerel, sardines or flounder. Most would also agree that we need urgently to reform Europe's Common Fisheries Policy so that fish is no longer unnecessarily wasted.

Is the answer to farm fish in controlled environments? That way, we can eat as much as we like, relatively cheaply. Buy salmon, sea bass, warm-water prawns or trout in a supermarket or restaurant and it's likely to have been farmed. Aquaculture now produces around half the world's seafood, and is expanding at about 7 per cent a year. Salmon is big business in the UK, Scotland is the second largest producer in the world.

But there are snags: most farmed fish are fed on wild fish from lower down the food chain, such as anchovies and blue whiting. This depletes wild stocks still further, depriving wild fish of their own much-needed protein.

Another problem is that disease and pollution from fish farms are contaminating wild stocks and upsetting delicate marine eco-systems. In the case of salmon and cod, there's concern that escaped farmed fish are interbreeding with wild fish. In south-east Asia, prawn farms are reported to have destroyed 40 per cent of the world's mangroves.

THE BIG ISSUE

It's not all bad though. Scientists have developed feeds that contain vegetables and grains so that less wild fish is used. If you eat organically farmed fish, they will have been dosed with fewer chemicals and stocked at lower densities.

Some types of fish farming, such as mussels and oysters, don't rely on feed, and when farmed responsibly, don't cause pollution, or damage to the seabed. Sadly, most of it is exported as we Brits prefer our cod.

One interesting and sustainable type of fish production is the farming of freshwater fish, such as carp. Carp are omnivores, so will eat kitchen scraps, grubs and grain. Aquaculturalist Jimmie Hepburn at Aquavision in Devon now offers courses on how to rear carp in your garden pond.

Having considered the evidence, you may decide it's preferable to eat wild fish that's plentiful. If you do buy farmed fish, try to check that it has been produced sustainably – for now, organic is probably the best option.

Work is currently under way to get farmed fish and shellfish certified by the new Aquaculture Stewardship Council, so soon you will be able to look out for ASC logos on the farmed fish you purchase.

• *We'd like to hear your views on this subject – contact us at the address on p11.*

Produced with passion

Alder Tree fruit cream ices
Stephany Hardingham loves traditional English fruit, as you can tell when you face the tough choice of trying to pick just one of her gorgeous ice creams – there's Apple & honey, Blackcurrant, Damson, and Gooseberry & elderflower to mention just a few.

Much of the fruit is grown on the Suffolk farm her parents, Nick and Joan, bought in 1981. In 1987 they began making ice cream when they had a bumper crop of raspberries. This proved a big success and other flavours followed, including several containing apples supplied by Nick's brother from his farm.

In 2004, Stephany took over the ice cream business with her partner Graham. Alder Tree now sources more than 75 per cent of its fruit from the farm and neighbouring growers. The sugar is local, too.

'We could buy heat-treated purées, as many ice-cream makers do,' says Stephany, 'but it wouldn't be as authentic, or as delicious. We want this to be an ethical product using all local ingredients if possible.'

Find Alder Tree fruit cream ices in delis and farmshops nationwide, plus some East Anglian branches of Budgens. *Alder Carr Farm, Needham Market, Suffolk (alder-tree.co.uk).*

Good reads

Fish Cookbook (£20, DK). If you want to eat fish sustainably but are unsure how, this comprehensive reference book is what you need. Packed with 300 classic and contemporary recipes, it also gives you the low-down on individual fish, as well as tips on buying and preparing fish.

Ice Creams, Sorbets & Gelati by Caroline and Robin Weir (£25, Grub Street). The Weirs are widely acknowledged as the UK authorities on ice cream. This huge pink volume, which updates a previous edition published 12 years ago, includes more than 400 recipes and intriguing revelations about ice cream's history.

Knead to Know: the Real Bread Starter by Chris Young and others (£15, Sustain). Whether you fancy joining neighbours to set up a Community Supported Bakery, or want to establish your own high street artisan bakery, this book tells you what to do. As well as basic recipes, it contains wholesome advice on everything from equipment, to techniques and money matters.

Cook school on test

Modern Cooking Techniques The Fine Dining Academy, Yattendon, Berkshire (01635 200200, *finediningacademy.co.uk*). Tucked away behind a working farm, the Academy's modern kitchen has everything you need to gain an insight into high-end restaurant techniques.
On the menu Michelin-starred chefs Alan Murchison and Chris Horridge (left), who both competed in BBC Two's *Great British Menu*, demonstrate dishes such as sous vide loin of lamb – this involves vacuum-packing the meat and cooking it in a water bath.
How hands-on? We prepared four impressive dishes, including veal sweetbreads with curry oil. After each one we sat down to enjoy the food with selected wines. We got to use sous vide machines, dehydrators and foam guns, and gained lots of tips on presentation.
Cost £250, including four courses with wine and a recipe file.
Verdict Ideal for confident, food-obsessed cooks who want to prepare top-chef-style dishes at home. **Barney Desmazery**

Salmon photograph ALAMY

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One dollop = a level tablespoon (15ml).

Grow to eat

David Hurrion, *Gardeners' World* magazine expert, shows how to grow your own crop of tomatoes

Shop-bought tomatoes often taste watery and bland, so if you've never tried growing your own, why not do so this summer? You can pick up plants quite cheaply and they're not difficult to grow: you just need to remember to water and feed them regularly to ensure that they crop right through until September. And while you're at the garden centre, buy a few French marigolds or tagetes, then plant them close to the base of your tomatoes – these cheerful summer flowers keep whitefly and aphids to a minimum.

Depending on the variety, tomatoes can grow outdoors in most parts of the UK once summer arrives, but don't expect fruit before the end of August. For maximum flavour, leave them on the trusses or vines until fully coloured. If you still have green tomatoes at the season's end (mid-September), pick them and ripen in a paper bag with a banana.

This month Grow tomatoes

YOU WILL NEED

- **3 tomato plants**
- **Tomato growing bag**
- **Scissors or knife**
- **Garden trowel**
- **3 bamboo canes (1.8m long)**
- **Garden twine**
- **3 small flower pots (8-10cm)**
- **Watering can**
- **Liquid tomato fertiliser**

1 Stand the plants in a bowl of tepid water to soak the compost. Prepare growing bag by loosening the compost, as you would plump a cushion. Lay the bag where you will grow the tomatoes and cut 3 circles in its top, equally spaced and 20cm in diameter. Make 3-4 holes in the sides of the bag for drainage.
2 Knock the plants carefully from their pots. Use the trowel or your hand to make three holes in the compost, one at the centre of each circle. These holes should be just large enough for the roots of each plant. Set each plant in its hole and fill with a little compost around the roots, firming lightly in place.
3 Dig a hole alongside each plant, big enough to hold a small flower pot to its full depth. Leave the pots empty and firm around them with compost. Push a bamboo cane into the compost beside each plant. Loosely tie the plants to their canes and tie the top of each cane to a support (hooks in a wall or similar).
4 Water the compost around each plant to settle it at the roots. Thereafter, fill each of the flowerpots with water at least twice a day. Tie in stems to the canes. Pinch out any sideshoots that form between the leaves and the main stem. When the first truss of yellow flowers opens, feed at least twice a week with high-potash tomato fertiliser. Leave tomatoes on the plants until they turn either red or golden, depending on variety.

TIPS FOR SUCCESS

- Don't let the plants get dry roots when the tiny green fruits swell: the skins will set, then split when next watered.
- Water morning and evening (more if it's hot), but don't get the leaves or fruit wet.

Best for flavour

Good varieties include: **'Shirley'**, a standard-sized fruit with thin skin and great tomato flavour; **'Sungold'**, which has masses of small, gold cherry fruit with a sweet taste; **'Gardeners' Delight'**, a variety that produces plenty of small to medium fruit with a good taste; **'Marmande'**, a beefsteak-type tomato with large fruit for slicing; and **'Ailsa Craig'**, bearing plenty of regular tomatoes with good taste.

These are all widely available.

- **Get inspiration for growing your own at BBC Gardeners' World Live, which runs alongside the BBC Good Food Show Summer at the NEC, Birmingham, 15-19 June. One ticket gives you entry to both shows. Visit *bbcgoodfoodshowsummer.com***

- **Don't miss the May issue of *Gardeners' World* magazine, with a Grow Yourself Healthy section, packed with advice. On sale now**

This month Pick strawberries

I love picking strawberries still warm from the sun, *writes Sara Buenfeld*. Their flavour and scent far outshine the shop-bought kind. This twist on strawberries and cream transforms the fruit into a dinner-party dessert.

Rosé strawberry syllabub

MAKES 4 • PREP 10 mins plus macerating • NO COOK Easy

400g/14oz strawberries, hulled
4 tbsp caster sugar
4 tbsp rosé wine
170ml tub double cream
4 strawberry leaves, to decorate

1 Halve the strawberries and put them in a bowl with the sugar and wine. Mix well, then set aside at room temperature for about 40 mins – this will make the strawberries really juicy.
2 Use a slotted spoon to put the fruit into 4 large wine glasses, then pour the cream into the juices left in the bowl.
3 Whip the cream and juice until it holds its shape, then spoon on top of the fruit. Decorate with a strawberry leaf if you like. Don't make these too far ahead as chilling spoils the flavour. Keep in a cool place for up to 1 hr until ready to serve.

PER SERVING 307 kcals, protein 2g, carbs 23g, fat 23g, sat fat 13g, fibre 1g, sugar 23g, salt 0.04g

Recipe SARA BUENFELD | Recipe photograph MAJA SMEND | Food styling BARNEY DESMAZERY | Styling TONY HUTCHINSON | Photographs PHOTOLIBRARY, GETTY IMAGES

GoodFood

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Just flicking through this lovely book made me want to head straight to the kitchen. Restaurant chef Tom Aikens shares simple dishes to cook at home, from healthy breakfasts and fast-fix suppers to weekend dishes, bakes and ideas to use up leftovers

GILLIAN CARTER
Editor

BEEF SALAD WITH RED ONIONS AND BALSAMIC VINEGAR

SPRING VEGETABLE TARTE FINE

PASSION FRUIT PAVLOVA

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Food for the weekend

- Dinner menu for six
- Friday-night Thai
- Fruity teabread

Relaxed meals for family & friends

Dinner at dusk

Lay the table in the garden and make the most of warm evenings with **Mary Cadogan's** relaxed menu for friends Photographs MYLES NEW

Food styling MARY CADOGAN | Styling ELIZABETH

Turn the page for recipes ▶

There's nothing I like better on a summer evening than to gather some good friends, divvy up the kitchen tasks and spend a happy hour exchanging news and gossip while chopping, stirring and cooking, with the warm evening air wafting through the open kitchen door.

The last easy job is to uncork a chilled bottle of white, put on some sultry music, then sit down and enjoy what we've made. I did just that when I tested this menu and it turned out to be an utterly relaxing evening for everyone. I hope you and your guests enjoy it, too MARY CADOGAN

Make-ahead starter

Summer menu

To serve 6

- **Spiced potted crab**
- **Lamb chops with red pepper & mint salsa**
- **Roasted fennel with tomatoes, olives & potatoes**
- **Garden salad**
- **Summer berries with sweet wine cream, Honey & vanilla madeleines**

WANT TO GET AHEAD?

- The potted crab can be made up to two days ahead.
- The salsa can be made two days before.
- The lamb can be studded the night before and left in the fridge.
- The madeleines can be made the night before.

Spiced potted crab

SERVES 6 • PREP 20 mins plus chilling • COOK 5 mins Easy

If you buy the crabmeat fresh from the fish counter, you'll need two medium-size dressed crabs. If you prefer, you can pot it into six small dishes or ramekins, but I like to make a bowlful for sharing or pack it into a jar.

300g/10oz prepared crab, fresh or frozen (defrosted)
175g/6oz butter
1 red chilli, deseeded and finely chopped
juice 1 lemon
½ tsp freshly grated nutmeg
1 bay leaf
18-20 large cooked prawns in their shells, bunch radishes, toasted rustic bread such as sourdough, to serve

1 Tip the crab into a bowl and check for any pieces of shell. Melt 100g of the butter and add half the chilli, the lemon juice, nutmeg and salt. Add to the crab and mix well. Pack into a bowl or jar, pressing down lightly.
2 Melt the remaining butter. When it is foaming, remove from the heat. When the foam has died down, carefully skim off any scum that is on the surface with a teaspoon, then pour the clear butter over the crab, leaving behind any milky sediment. Scatter over the remaining chilli and put a bay leaf in the centre.
3 Leave to set in the fridge for about 1 hr. Serve on a board with the prawns and radishes, with toasted rustic bread.

PER SERVING 283 kcals, protein 10g, carbs 1g, fat 27g, sat fat 16g, fibre none, sugar none, salt 0.89g

Lamb chops with red pepper & mint salsa

SERVES 6 ● PREP 15 mins ● COOK 10-15 mins Easy

This salsa is full of perky summer flavours. If you want to make it ahead, it will keep in the fridge for a couple of days, but bring it to room temperature before serving it.

12-18 lamb chops, depending on size
2 garlic cloves, thinly sliced
rosemary sprigs
FOR THE SALSA
290g jar roasted red peppers
1 garlic clove, roughly chopped
1 red chilli, roughly chopped
generous handful mint
1 tbsp lemon juice
3 tbsp olive oil

1 Season the chops all over with salt and pepper. Make a slit between the bone and meat in each chop, then push a sliver of garlic and small sprig of rosemary into each.
2 For the salsa, put the peppers in a mini chopper or food processor with the garlic, chilli, mint and lemon. Blitz until finely chopped, but not puréed. Add the oil and blitz briefly to mix. Tip into a bowl and leave at room temperature until serving time.
3 Grill or barbecue the chops for 5-7 mins each side until brown, then serve on a platter with the salsa (stir before serving).
PER SERVING 473 kcals, protein 37g, carbs 2g, fat 35g, sat fat 16g, fibre 1g, sugar 1g, salt 0.66g

Roasted fennel with tomatoes, olives & potatoes

SERVES 6 ● PREP 15 mins ● COOK 30-40 mins Easy V

Superhealthy Good source of vitamin C, counts as 2 of 5-a-day

500g/1lb 2oz new potatoes
3 large fennel bulbs
2 tbsp olive oil
250g/9oz cherry tomatoes, halved
50g/2oz small black olives

1 Boil potatoes until tender, about 8 mins.
2 Heat oven to 190C/170C fan/gas 5. Halve and quarter the fennel through the root, then trim off the hard core. Slice the fennel and tip into a roasting tin with the olive oil, salt and pepper. Toss the fennel in the oil until it is glistening. Roast for 20-25 mins, until starting to soften.
3 Add tomatoes, olives and potatoes and stir well. Return to the oven for 10-15 mins until the fennel is tender, with a bit of crunch. Tip into a warm dish to serve.
PER SERVING 121 kcals, protein 3g, carbs 17g, fat 5g, sat fat 1g, fibre 4g, sugar 4g, salt 0.54g

WHAT TO DRINK

Fresh, zesty and charmingly floral, with a lift of Sauvignon Blanc freshness, Cuvée e Richard Blanc 2010, PGI du Comté Tolosan, France, 11.5%, £4.79, Majestic, is a great partner to the crab. Fancy a red with the lamb? Pick the Cuvée de Richard Red, also £4.79, Majestic.

Garden salad

SERVES 6 ● PREP 20 mins ● NO COOK Easy V

Superhealthy Counts as 1 of 5-a-day

Use whatever herbs you have in the garden, and if you have your own lettuce, too, all the better.

2 lettuce, such as cos or butterhead
handful one other salad leaf, such as watercress, rocket or mizuna
soft herbs, such as chervil, tarragon, parsley, chives
FOR THE DRESSING
1 garlic clove, crushed
1 spring onion, roughly chopped
handful parsley
few sprigs watercress or rocket
2 tbsp white wine vinegar
½ tsp Dijon mustard
6 tbsp olive oil

1 Wash and dry the lettuce, leaves and herbs. Tear larger leaves into bite-size pieces and tip all the greenery into a large salad bowl.
2 Put the garlic, onion, parsley and watercress or rocket into a mini chopper or food processor. Blitz until finely chopped. Add the vinegar, mustard, salt and pepper and blitz briefly. Add the oil and blitz until thickened. Drizzle over the salad and toss until the leaves are just coated. *You might not need all the dressing, but it will keep in the fridge for a few days.*
PER SERVING 120 kcals, protein 2g, carbs 2g, fat 12g, sat fat 2g, fibre 2g, sugar 2g, salt 0.05g

Summer berries with sweet wine cream

SERVES 6 ● PREP 20 mins ● NO COOK Easy

This combination of flavours and textures is gorgeous. The sweet wine cream is sublime with the berries and the crumbly, buttery madeleines on the side soak up the juices beautifully. If making your own is a step too far, buy good-quality biscuits instead.

750g/1lb 10oz mixed summer berries
2 tbsp cassis (optional)
5 tbsp sweet white wine
2 tbsp caster sugar
300ml pot double cream
icing sugar, to serve

1 Hull or de-stalk the fruits as necessary, then tip into a serving bowl. Drizzle with cassis, if using, and mix together gently.

2 Measure the sweet wine and sugar into a bowl. Add the cream and whisk with a hand electric whisk until it just holds its shape and flops from the spoon. Spoon into a bowl and serve with the berries and madeleines.

PER SERVING 320 kcals, protein 2g, carbs 16g, fat 27g, sat fat 15g, fibre 3g, sugar 16g, salt 0.07g

Honey & vanilla madeleines

MAKES 15 ● PREP 20 mins ● COOK 10-12 mins Easy

100g/4oz plain flour, plus extra for dusting
100g/4oz caster sugar
100g/4oz butter, melted
1 whole egg, separated, plus 1 egg white
1 tbsp clear honey
1 tsp vanilla extract

1 Heat oven to 190C/170C fan/gas 5. Butter a 12-hole madeleine mould (or use tartlet tins if you don't have the moulds) and dust lightly with flour.

2 Mix the flour and sugar in a bowl. Put the butter, egg yolk, honey and vanilla into a separate bowl and whisk with a fork to mix. Whisk the two egg whites until stiff. Fold the butter mixture into the dry ingredients until evenly mixed, then fold in the egg whites in two batches using the whisk.

3 Divide between the prepared moulds and bake for 10-12 mins until golden brown and firm to the touch. Leave to cool in the moulds for a few mins, then turn out and cool on a wire rack. Dust with icing sugar before serving.

PER SERVING 138 kcals, protein 2g, carbs 17g, fat 8g, sat fat 5g, fibre none, sugar 10g, salt 0.14g

Friday night Thai

Relax with friends

Treat your guests to a feast that, with a bit of prep the night before, can be pulled together in next to no time

LULU GRIMES Food director

Spiced cashew nuts

SERVES 6 • PREP 5 mins • COOK 5 mins
Easy Good for you

Make these as soon as you start on the supper and they will cool and be ready to eat by the time your guests arrive.

Heat **1 tbsp vegetable oil** in a wok. Add **2 finely sliced spring onions, pinch chilli flakes, 1 very finely sliced lemongrass stalk** and a **large pinch of brown sugar** along with **300g cashews**. Fry until the nuts look burnished. Season and cool.

PER SERVING 305 kcals, protein 9g, carbs 10g, fat 26g, sat fat 3g, fibre 2g, sugar 3g, salt 0.02g

Mint, lime & cucumber salad

SERVES 6 • PREP 15 mins • NO COOK
Easy **Superhealthy** Counts as 1 of 5-a-day, Low fat

Using a mandolin gives super-thin slices, but a sharp knife will work, too.

1 large cucumber, peeled
2 limes
1 tbsp white vinegar (rice or wine)
½ tbsp caster sugar
a large handful of mint leaves
1 small red chilli, finely sliced

1 Finely slice half of the cucumber into a large bowl. Cut the skin off the lime, then cut out the segments. Add these to the bowl and squeeze any juice out of the bit left in the middle. Add the vinegar and sugar, cover and leave in the fridge.
2 When ready to serve, slice and add the remaining cucumber, the mint and the chilli and toss together. Season with salt and a touch more vinegar if you like.

PER SERVING 15 kcals, protein 1g, carbs 3g, fat none, sat fat none, fibre none, sugar 2g, salt none

Thai sticky chicken & ribs

SERVES 6 • PREP 30 mins plus marinating • COOK 1½ hrs Easy

This, for me, is the epitome of Thai street food – easy to eat and so moreish that you'll want seconds. Marinate the night before for maximum flavour and ease the next day.

3 small green chillies, chopped
small bunch coriander with stems, stems chopped and leaves used for the dipping sauce
3 garlic cloves, chopped
3cm/1¼in piece ginger, chopped
1 tsp ground turmeric
2 tbsp soy sauce
4 tbsp fish sauce
8 tbsp palm or soft brown sugar
2 tbsp clear honey
4 chicken thighs, skin on
2 slabs pork loin ribs, about 1kg/2lb 4oz
steamed rice, to serve

CHILLI-LIME SAUCE
200g/7oz caster sugar
1 garlic clove, finely sliced
3 tbsp white vinegar (rice or wine)
juice 1 lime
1 tbsp fish sauce
1 red bird's-eye chilli, finely sliced
handful coriander leaves (from coriander in the marinade), chopped

1 To make the marinade, put the chillies, coriander stalks, garlic, ginger, turmeric, soy sauce, fish sauce, sugar and honey in a food processor. Whizz to a rough paste. Cut each chicken thigh into 2 pieces down the side of bone (so one side keeps the bone). Put all the chicken and ribs in a ceramic dish or suitable plastic container and pour over the marinade. Turn the meat over so it is coated, cover and put it in the fridge until needed (up to 24 hrs).
2 Make the sauce. Put the sugar in a pan with 250ml water, bring to the boil, simmer for a few mins to make a sugar syrup, then stir in garlic, vinegar, lime juice, fish sauce and chilli. Cool, then stir in coriander. *Will keep for 24 hrs in the fridge.*
3 Heat oven to 160C/140C fan/gas 3. Lift the ribs into a baking dish, cover with foil and put in the oven for 1 hr. Add the chicken pieces around the ribs, turn up the oven to 200C/180C fan/gas 6 and cook, uncovered, for 20 mins or so until the chicken is cooked through. By now the surface of the ribs and chicken should be quite brown and the marinade slightly sticky; if it isn't, put the lot under the grill – but keep an eye on it.
4 Cut the ribs into sections and pile onto a platter with the chicken, drizzle over some sauce and serve the rest alongside with the salad and some steamed rice.

PER SERVING 533 kcals, protein 35g, carbs 39g, fat 27g, sat fat 9g, fibre none, sugar 38g, salt 3.33g

WHAT TO DRINK

Gewürztraminer – Gerwürz for short – is a favourite with Thai flavours, for its exotic fruit, silky texture and light spiciness.

Finest Alsace Gewürztraminer 2008, France, 13%, £7.79, Tesco, is a good off-dry choice. Serve really cool.

Quick mango pudding

SERVES 6 • PREP 5 mins • NO COOK
Easy

Chilling the bowls first means these fruity little puds can be made at the last minute.

Peel and dice **1 large ripe mango**; whizz to a purée in a food processor. Add **6 scoops vanilla ice cream** and **2 tbsp thick cream** and whizz again. Spoon into bowls and scoop **½ passion fruit** over each.

PER SERVING 131 kcals, protein 2g, carbs 18g, fat 6g, sat fat 4g, fibre 2g, sugar 17g, salt 0.08g

Photographs DAVID MUNNS | Food styling LIZZIE HARRIS | Styling ARABELLA MCNIE | Drinks SARAH JANE EVANS MW

This marinade gives an authentic flavour and works equally well on different meats, fish and even prawns. If the sun is out, you could cook this on the barbecue

Easy-to-make casual food

TASTE TEAM COMMENT

'The ribs and chicken were to die for, sweet and sticky, my guests loved them; the salad was very refreshing. We all wanted seconds of the easy-to-make puds, too.' GRAHAM

Serve a winning tea

Wimbledon
20 June - 3 July

Bring the flavours of Wimbledon to your table this month with **Jane Hornby's** summer recipes Photographs MYLES NEW

Pimm's iced tea – recipe, p100

Make-ahead Strawberry & white chocolate mousse cake – recipe, p100

Food styling JANE HORNBY | Styling JENNY IGGLEDEN

Cream tea jam tarts, made with Soft-set strawberry & Pimm's jam – recipes, p102

Eton mess cake – recipe, p102

Cured ham & remoulade tartines

SERVES 6 • PREP 15 mins • COOK 10 mins Easy

This dressing works brilliantly with crisp cucumber and fennel. You could serve the remoulade as a starter with liver pâté, too.

1 large cucumber
2 fennel bulbs
175g/6oz good mayonnaise (I used a 180ml jar)
1 tbsp Dijon mustard
½ lemon, zest and juice
handful flat-leaf parsley, chopped
1 tbsp small capers, drained
400g/14oz dark sourdough loaf, sliced
extra virgin olive oil and a mix of cured ham and salami, to serve

1 Peel and cut the cucumber in half lengthways, then scoop out seeds with a teaspoon and discard. Slice the flesh into thin half-moons. Toss with ¼ tsp salt and set aside for 30 mins to draw out excess juice. Shred fennel thinly. Mix mayo, mustard, lemon zest and juice, parsley, capers and some pepper. Pat cucumber dry, then mix with fennel and dressing. *Can be made a few hours ahead, keep chilled.*
2 Toast the bread either on a dry griddle pan or under the grill, then drizzle with extra virgin olive oil. Let everyone build their own tartine, topping the bread with ham or salami and remoulade.

PER SERVING 367 kcals, protein 8g, carbs 31g, fat 24g, sat fat 4g, fibre 7g, sugar 3g, salt 1.82g

Pimm's iced tea

MAKES 1.3 litres/2¼ pints • SERVES 4-6 • PREP 10 mins plus cooling • NO COOK Easy Low fat

Mixing Pimm's with ice-cold mint & citrus tea makes a less sweet (but every bit as refreshing) alternative to Pimm's and lemonade.

4 tea bags
20g pack mint
100g/4oz caster sugar
juice 2 large oranges, plus slices to serve
juice 2 lemons, plus slices to serve
400ml/14fl oz Pimm's No 1
a few sliced strawberries and plenty of ice, to serve

Put the tea bags and half the mint into a large jug, then pour over 1.2 litres boiling water from the kettle. Leave to infuse for 10 mins, then remove the bags and stir in the sugar. Once cool, remove the mint, add the orange juice, lemon juice and Pimm's, and chill thoroughly. *Can be made up to a day ahead.* Serve over plenty of ice, with slices of orange, lemon and strawberry, and remaining mint sprigs.

PER SERVING 146 kcals, protein 1g, carbs 17g, fat none, sat fat none, fibre none, sugar 17g, salt 0.04g

Strawberry & white chocolate mousse cake

SERVES 8-10 • PREP 30 mins plus chilling overnight • COOK 2 mins Easy

The texture of this cake is softer, lighter and more moussey than a cheesecake, so make sure it's well set in the fridge before cutting. It can also be served straight from the freezer as a frozen cheesecake on a hot day.

175g/6oz digestive biscuits
75g/2½oz butter, melted
400g/14oz white chocolate
400g/14oz strawberries
300g tub full-fat soft cheese
200ml/7fl oz double cream

1 Crush the biscuits with a rolling pin to fine crumbs, add the melted butter and mix well. Tip the mix into a 20cm lined, loose-bottomed cake tin, smooth with the back of a spoon and put in the fridge for 30 mins.
2 Melt 375g of the chocolate in a microwave or glass bowl set over a pan of simmering water, then allow to cool slightly.
3 Take out 6 nice-looking strawberries and set aside. Blitz the remaining strawberries in a food processor until smooth, then add them to a bowl with the soft cheese and cream. Beat until really smooth and thick, then stir in the melted white chocolate. Pour on top of the biscuit base and smooth the top. Place in the fridge and chill overnight.
4 Halve the reserved strawberries and place on top of the cheesecake. Melt the remaining 25g chocolate and drizzle over the top, then keep chilled until ready to serve.

PER SERVING 737 kcals, protein 8g, carbs 47g, fat 59g, sat fat 35g, fibre 2g, sugar 35g, salt 0.89g

Dill scones with smoked salmon & cucumber relish

MAKES 7-8 scones • PREP 30 mins • COOK 15 mins Easy • scones only

This quick pickled cucumber is crisp, sharp and sweet. Any leftovers will keep in the fridge for a week and are good on burgers or bagels, or tossed through Asian salads.

200g/7oz plain flour, plus extra for dusting
200g/7oz wholemeal plain flour
1 tsp bicarbonate of soda
20g pack dill, half finely chopped
50g/2oz unsalted butter, very cold and cut into cubes
300ml/½pt milk, warmed, plus extra for brushing
1 tsp poppy seeds
200g pack smoked salmon slices and 300g pack soft cheese, to serve

FOR THE PICKLE
1 tbsp caster sugar
100ml/3½fl oz rice wine vinegar
1 large cucumber, peeled
½ red onion, very thinly sliced
1 mild red chilli, deseeded and finely chopped (optional)

1 For the scones, heat oven to 230C/210C fan/gas 8 and lightly flour a baking sheet. Mix the flours, bicarb, chopped dill and 1 tsp fine salt in a large bowl, then rub in the butter until it disappears. Tip in the milk and stir briefly to a sticky dough.
2 Scrape the dough onto a floured surface, dust the dough and your hands with more flour, then fold the dough over 2-3 times to smooth a little. Pat into a 4cm-deep round. Use a 7cm cutter to stamp out scones (see tip, below). Press trimmings together and repeat. Brush with milk, scatter with poppy seeds, then bake for 15-18 mins or until golden and well risen. Cool on a rack. As with all scones, these are best eaten on the day.
3 For the pickle, stir sugar into vinegar until dissolved. Halve and deseed the cucumber, slice thickly, then toss with the vinegar, onion and chilli. Leave for at least 15 mins in the fridge. *Can be made up to 24 hrs ahead.* When ready to serve, tear remaining dill over the relish. Split scones, spread with soft cheese and top with a ribbon of salmon and a little relish.

PER SERVING 365 kcals, protein 21g, carbs 48g, fat 10g, sat fat 5g, fibre 4g, sugar 7g, salt 2.85g

TIP

For taller scones, dip the cutter into flour each time you use it. The flour will stop the cutter from sticking and squashing down the edges of the dough.

TASTE TEAM COMMENT

'I loved the colour of the scones. The smoked salmon and soft cheese were also delicious with the sweet, sharp pickle.' REBEKAH

Eton mess cake

CUTS INTO 15 pieces • PREP 25 mins • COOK 40-45 mins Easy

175g/6oz unsalted butter
5 tbsp double cream, from a 300ml pot
1 tsp vanilla paste or extract
225g/8oz plain flour
100g/4oz ground almonds
1 tsp baking powder
200g/7oz golden caster sugar
5 large eggs, at room temperature
400g/14oz strawberries, half roughly chopped, half finely sliced
4 meringue nests (50g/2oz), very roughly broken up
a little icing sugar, to serve

Soft-set strawberry & Pimm's jam

MAKES 5 x 450g jars • PREP 15 mins plus cooling • COOK about 20 mins
Moderately easy • Low fat

As strawberries are low in pectin – nature's own setting agent – this recipe calls for lemons and jam sugar, both high in pectin. Pick unblemished, firm and just-ripe strawberries for jam-making – the riper the strawberry, the less pectin it contains.

1.5kg/3lb 5oz strawberries, hulled and halved if large
1kg bag jam sugar (it has added pectin)
juice 2 lemons
juice 1 orange
3 tbsp Pimm's No 1

1 Put a few saucers into the freezer for later. Put the strawberries into a preserving pan (or your very largest saucepan), then mash roughly with a potato masher, or crush slightly between your fingers and thumbs to make them a little juicy. Stir in the sugar, then put the pan over a very low heat. Stir occasionally until the sugar has dissolved and the berries are surrounded with red syrup. Don't let it boil. Once the sugar crystals have gone, stir in the lemon and orange juice.
2 Turn up the heat. Once the jam reaches a foaming fast boil (this will read 105C on a preserving thermometer), set a timer for 10 mins. After 10 mins, put 1 tsp of the jam onto one of the frozen saucers, put into the fridge for 1 min, then push your finger through the jam. If the jam wrinkles, it is ready. If not, boil for another 2 mins and test again. As soon as the jam is ready, remove from the heat. Leave to cool for 30 mins, skim away any scum, then stir in the Pimm's. Ladle into sterilised jars. *Will keep in a cool, dark place for up to 1 year.*

PER SERVING 49 kcals, protein none, carbs 13g, fat none, sat fat none, fibre none, sugar 13g, salt none

QUICK IDEA

Cream tea jam tarts

MAKES 18 • PREP 10 mins • COOK 15-20 mins Easy

Roll **375g ready-made shortcrust pastry** to £1 coin thickness on a floured surface. Stamp out 8cm rounds with a fluted cutter and use to line bun tins.

Fill each tart with **1 tsp jam** (don't be tempted to fill them to the top), then bake at 190C/170C fan/gas 5 for 15-20 mins until the pastry is cooked and the jam bubbling. Cool completely before serving topped with mini dollops of clotted cream.

PER SERVING 122 kcals, protein 1g, carbs 13g, fat 7g, sat fat 3g, fibre none, sugar 4g, salt 0.22g

STERILISING YOUR JARS

Wash jars and lids in hot soapy water, rinse, then place on a baking tray in a low oven for 10 mins or until completely dry. If you use rubber seals, remove them and cover in just-boiled water.

ANYONE FOR TENNIS? If you haven't got tickets for this year's Wimbledon tennis championship, just settle down in front of the TV with our teatime treats. The championship begins on Monday 20 June with full coverage on BBC One, BBC Two, BBC Radio 5 Live, BBC HD and BBC Online.

1 Grease a deep, 20 x 30cm traybake or roasting tin, then line with parchment. Heat oven to 160C/140C fan/gas 3. Melt the butter, take off the heat and stir in the cream and the vanilla. Mix the flour, almonds, baking powder and ¼ tsp fine salt and set aside for later.
2 Put the caster sugar and eggs into a large bowl, and whisk with electric beaters until very thick and foamy, about 5 mins. Pour in the butter mix, whisk briefly, then add the flour mix and whisk briefly again until even. Stir in the chopped strawberries, then pour the batter into the tin and level the top.
3 Scatter the sliced strawberries and meringue over the cake, then bake for 40-45 mins until risen, golden and a skewer comes out clean. Cool for 20 mins in the tin, then transfer the cake to a rack. Just before serving, dust with a little icing sugar. Enjoy with the rest of the double cream, whipped if you like.

PER SERVING 306 kcals, protein 6g, carbs 31g, fat 18g, sat fat 9g, fibre 1g, sugar 20g, salt 0.17g

TASTE TEAM COMMENT

'This is simple and straightforward – I felt I was putting something quite luxurious together with ease! The taste and texture are superb.' PENNY

Mary's teatime cake

Back on BBC Two later this summer with the new series of *The Great British Bake Off*, **Mary Berry** makes a cake tin classic

• **Recipe taken from *My Kitchen Table: 100 Cakes and Bakes* by Mary Berry (£7.99, BBC Books), *mykitchentable.co.uk***

Family fruit teabread

MAKES 1 large loaf cake ● PREP 20 mins plus soaking overnight ● COOK 1¼-1½ hrs

Easy ● Low fat

You need to start this recipe the day before, as the dried fruits have to be soaked in hot tea overnight to give them time to plump up. If you have tea left in the pot, use that instead of making it specially. Allow the cooked cake to cool completely, then store in an airtight tin.

350g/12oz mixed dried fruit
225g/8oz light muscovado sugar
300ml/½pt hot Earl Grey tea, made using 2 tsp Earl Grey tea or 2 tea bags
275g/10oz self-raising flour
zest 1 lemon
1 large egg, beaten

1 Put the mixed dried fruit and sugar into a bowl, stir to mix, then pour over the hot tea (A). Cover the bowl and leave in a cool place overnight to allow the fruit to plump up.

2 Heat the oven to 150C/130C fan/gas 2. Lightly grease a 900g/2lb loaf tin and line it with a wide strip of non-stick baking parchment to go up the wide sides and over the base.

3 Add the flour, lemon zest and beaten egg to the fruit mixture and stir with a wooden spoon until thoroughly mixed (B). Turn the mixture into the prepared tin and gently level the surface (C).

4 Bake for 1¼-1½ hrs or until the teabread is well risen and firm to the touch and a fine skewer inserted in the centre comes out clean. Leave to cool in the tin for about 10 mins, then loosen with a small palette knife. Turn the teabread out and leave on a wire rack to cool. Peel off the parchment and serve the teabread sliced and buttered.

PER SERVING 349 kcals, protein 5g, carbs 84g, fat 1g, sat fat none, fibre 2g, sugar 59g, salt 0.42g

A

B

C

Photographs JEAN CAZALS | Food styling SUE ROWLANDS | Styling MARIE-ANGE LAPIERRE

So simple – and simply irresistible

Make dinner with dad

Barney Desmazery, our Food editor, enjoys time in the kitchen making spring rolls
PHOTOGRAPHS MAJA SMEND

Fun stuff for Father's Day
19 June

Wrap-your-own spring rolls

Makes 8-10 • PREP 40 mins • COOK 25 mins Easy Unbaked
Superhealthy Low fat

Ten large spring rolls might be a few more than your family will eat, but once they get started, making two each just won't be enough. You can freeze any that aren't baked, but don't brush them with egg beforehand.

300g pack cooked rice noodles from the chiller cabinet (see tips, right)
about 400g/14oz mixed vegetables, thinly sliced and put in separate bowls, such as red peppers, beansprouts, carrots, shredded Chinese leaf cabbage, spring onions
140g/5oz cooked prawns
100g/4oz cooked chicken or duck, shredded
2 garlic cloves, finely chopped
small piece ginger, finely chopped
splash light soy sauce
Chinese five-spice powder, for sprinkling
8-10 sheets of brik or filo pastry (see tips, right)
1 egg, beaten
sesame seeds, for sprinkling if you want

FOR THE DIPPING SAUCE
100g/4oz reduced salt and sugar ketchup
1 tbsp white wine vinegar
small piece ginger, grated
pinch of caster sugar

1 Heat oven to 200C/180C fan/gas 6. Before you get the kids cooking, put the noodles, vegetables, prawns and chicken in individual bowls for everyone to help themselves. Wash hands, put aprons on, sit the kids down and give them their own mixing bowl and spoon. Let them choose which ingredients they want (noodles are essential) in their rolls and if they want to graze as they choose, that's fine – all the ingredients are cooked or can be eaten raw. Add a bit of garlic and ginger, a tiny dash of soy and sprinkling of five-spice to each bowl and let them mix everything together.
2 Push the bowl aside and lay a sheet of pastry in front of each child. Ask them to spoon the filling down one side of each sheet then give them the beaten egg and a brush so they can brush around the edges (A). Then help them to roll them up neatly by folding both sides over the filling (B), then rolling them up (C).
3 Lift the spring rolls onto a baking tray, seam side down, brush with a little more egg and sprinkle with sesame seeds, if you want. Try to remember which child made which roll to save any arguments at the end! Bake the rolls for 20-25 mins or until golden.
4 While the rolls are in the oven, make the dipping sauce. Get the kids to mix all the ingredients together until the sugar has dissolved. When the spring rolls are golden and crisp, remove from the oven. Leave until cool enough to handle, cut into pieces for smaller kids, then let them eat, dipping the rolls into the sauce.

PER SERVING 202 kcals, protein 12g, carbs 32g, fat 4g, sat fat 1g, fibre 2g, sugar 8g, salt 2.04g

A

B

C

TIPS

• You'll find ready-cooked rice noodles in the chiller cabinet at larger supermarkets.
If you can't find them, simply soak a bundle of thin rice noodles in kettle-hot water for 5 mins, then drain and toss in a little oil and leave to cool.

• Brik pastry is a paper-thin North African pastry similar to filo. Find it in Waitrose, Ocado and Middle Eastern shops. It's easier for kids to work with, but if you can't find it, use filo pastry.
You'll need to help the kids work fast as filo becomes brittle quickly. Keep sheets that aren't being used under a damp cloth to stop them drying out.

• For more recipes that kids will love to cook, watch *I Can Cook* on the CBeebies channel or visit *bbc.co.uk/cbeebies/icancook*

Food styling ROSIE REYNOLDS | Styling TONY HUTCHINSON

My kids adore Chinese food and my two-year-old, Jack, has just become interested in cooking, so we all had great fun making this recipe. Maisie, five, and Jack like different things, so I lay out all their favourites and then they can choose their own filling. One nice surprise is that they're prepared to pick ingredients they normally say no to because it's part of the fun of cooking. You might discover that your kids become more adventurous eaters if they help, too

Easy to eat and packed with vegetables

Summer roast chicken

Love roast chicken, but want to give it a summer twist? **John Torode**, BBC *MasterChef* judge, has the solution with this simple seasonal menu

Roast dinner menu

To serve 4 – with extra helpings of pud!

- **Chicken with lemons, sumac & spiced yogurt**
- **Smashed rosemary potatoes, Green beans with shallots, garlic & toasted almonds**
- **Vanilla & pomegranate cake and Cheat's pistachio ice cream**

Pop a chicken in the oven and suddenly all's well with the world, particularly when it's stuffed with wonderful flavours like olives, lemons and aromatic sumac

Photographs MAJA SMEND | Food styling LIZZIE HARRIS | Styling TONY HUTCHINSON

Chicken with lemons, sumac & spiced yogurt

SERVES 4 • PREP 10 mins • COOK 1½ hrs Easy

Take chicken to a new level with lemons and fragrant, zingy sumac. You can also barbecue this by spatchcocking the chicken and coating it in the flavourings (just use the juice of the lemons and crush the garlic) before cooking.

1 large free-range chicken (about 1.5kg/3lb 5oz in size)
3 lemons, cut into eighths
handful of black, pitted olives
3 small shallots, peeled and left whole
6 garlic cloves, peeled and squashed
2 tbsp sumac (see Know-how, below)
1 tbsp vegetable oil
FOR THE SPICED YOGURT
1 tsp each ground coriander and cumin
½ tsp each ground turmeric and mustard seeds
½ tsp chilli powder, mild or hot, depending on taste
500g pot natural yogurt
1 long red chilli, thinly sliced
bunch spring onions, sliced

1 Heat oven to 200C/180C fan/gas 6. Two things happen to the chicken. First, season the inside. In a bowl mix the lemons, olives, shallots and garlic with half the sumac and some salt. Scrunch them all together and add 1 tbsp of water. Open the bird up and pour the mix into the cavity.
2 Then the outside. Take the oil and the rest of the sumac and rub onto the chicken, massaging it into every part possible. Roast for 1½ hrs or until cooked through and the juices run clear when a skewer is inserted into the thickest part of the leg.
3 While the chicken is cooking, mix all the ingredients for the spiced yogurt with some salt – if you like it a little milder, deseed the chilli before slicing it. Carve the chicken and serve topped with a dollop of the yogurt.
PER SERVING 537 kcals, protein 56g, carbs 12g, fat 30g, sat fat 10g, fibre 1g, sugar 11g, salt 0.66g

KNOW-HOW

Sumac is a powdered spice from the Middle East. Its sour, lemony flavour works well with chicken and lamb as well as rice and pulses. Find it at specialist food shops or order online from *thespiceshop.co.uk*. If you can't find any, then finely grated lemon zest can be added, but you won't get the same 'bronzed' colour on the chicken's skin.

Smashed rosemary potatoes

SERVES 4 • PREP 5 mins • COOK 50 mins Easy
Superhealthy Good source of vit C, Low fat

1kg/2lb 4oz small potatoes
2 large rosemary sprigs
2 tbsp olive oil
2 garlic cloves, sliced

1 Boil the potatoes in lots of salted water until almost cooked all the way through. Drain and leave to cool a bit. Strip the rosemary leaves and mix with the oil, garlic and seasoning in a roasting tray.
2 Tip in the potatoes, crush them a little with a masher or a fork and toss with the oil mixture. Roast for 35 mins in the oven underneath the chicken until they are crunchy and you can smell the rosemary and the garlic just on the edge of burning.
PER SERVING 239 kcals, protein 5g, carbs 43g, fat 6g, sat fat 1g, fibre 3g, sugar 2g, salt 0.04g

Green beans with shallots, garlic & toasted almonds

SERVES 4 • PREP 5 mins • COOK 10 mins Easy
Superhealthy Counts as 1 of 5-a-day

Cook **300g green beans** in boiling salted water until tender, then drain and cool under running water. Set aside.

Put **2 tbsp olive oil, 2 very finely sliced small shallots, 3 thinly sliced garlic cloves** and some salt in a frying pan, then cook gently for about 8 mins until soft but not brown. Tip in the beans and a grind of pepper, toss well, then warm through. Finish with a squeeze of **lemon** and **2 tbsp toasted flaked almonds.**
PER SERVING 47 kcals, protein 3g, carbs 3g, fat 3g, sat fat none, fibre 2g, sugar 2g, salt none

EXPERIENCE

• BBC chef John Torode will be appearing at the MasterChef Experience at the BBC Good Food Show Summer, 15-19 June at the NEC, Birmingham. For timetables and ticket info, visit *bbcgoodfoodshow.com*, or turn to page 44.

Vanilla & pomegranate cake

SERVES 8 • PREP 20 mins • COOK 50 mins Easy Cake only

If, like me, you tend to have pudding several hours after you've eaten your main, then knock this cake up after dinner and enjoy it warm. If not, make it ahead of the chicken and eat at room temperature.

200g/7oz butter
200g/7oz caster sugar
3 eggs
zest 1 lemon plus juice of ½
140g/5oz self-raising flour
100g/4oz plain flour
½ tsp vanilla extract
FOR THE SYRUP
juice ½ lemon (use the other half of the one for the cake)
2 pomegranates, juice of one, seeds of one (or 100ml pomegranate juice, 110g pack pomegranate seeds)
85g/3oz caster sugar
½ tsp vanilla extract

1 Heat oven to 160C/140C fan/gas 3. Grease and line a 20cm loose-bottomed cake tin. Beat the butter and sugar with an electric whisk until pale and creamy. Add the eggs one at a time, then add the lemon zest and juice and vanilla extract. Fold in the flours with a metal spoon until well mixed. Transfer to the cake tin, smooth the top, then bake for 50 mins until risen and golden.
2 To make the syrup, mix the lemon juice with the pomegranate juice, caster sugar and vanilla, then heat gently until the sugar dissolves. Increase the heat and reduce slightly until syrupy. Remove from the heat and cool slightly, then tip in the pomegranate seeds.
3 Remove the cake from the oven. Allow to cool for a few minutes before poking holes all over it with a skewer and pouring over the pomegranate syrup. Enjoy warm or cool completely in the tin.
PER SERVING 475 kcals, protein 6g, carbs 64g, fat 24g, sat fat 14g, fibre 1g, sugar 42g, salt 0.55g

Cheat's pistachio ice cream

SERVES 8 • PREP 10 mins • NO COOK
Easy

Whizz **50g pistachios** in a food processor until very finely chopped, then roughly chop **50g pistachios**, and stir the two together. Fold this through **1 litre good-quality vanilla ice cream**, softened.

Pop back into the tub and return to the freezer for 1 hr. Serve with a wedge of the Vanilla & pomegranate cake.
PER SERVING 215 kcals, protein 4g, carbs 20g, fat 14g, sat fat 5g, fibre none, sugar 16g, salt 0.19g

Gloriously syrupy and tangy

Enjoy time together preparing and savouring **Sarah Cook's** relaxed, full-of-flavour menu

Supper for two

This is just the sort of food I love to eat at the weekend – interesting flavour combinations, but simply prepared, with a comforting dessert to finish

Turn the page for recipes

Veal chops with sage & creamy squash polenta

SERVES 2 • PREP 15 mins • COOK 1 hr

Easy

2 tbsp butter
2 tbsp olive oil
few sage leaves
2 British rose veal chops
FOR THE POLENTA
500g/1lb 2oz chunk butternut squash, peeled and diced
2 tsp olive oil
100ml/3½fl oz milk
50g/2oz polenta
2 tbsp grated Parmesan

1 Heat oven to 180C/160C fan/gas 4. For the polenta, toss the squash and oil with a little salt, then roast for 40 mins until really tender. Whizz squash to a purée with the milk. Leave the oven on. Cook polenta following pack instructions. Once soft and creamy, stir in the purée and Parmesan with seasoning. Keep warm.
2 Heat the butter and oil in an ovenproof pan (if you have one) until sizzling. Press a few sage leaves onto the chops, season generously, then fry over a high heat for 2 mins on each side until golden and crisp. Transfer to the oven for 5 mins to finish cooking (tip everything into a small roasting tin if your pan isn't ovenproof). Check the veal is just cooked through but still juicy, then rest for a few mins while you dish up the polenta and salad (see recipe below). If the polenta has firmed up too much, loosen with a splash more milk, then divide between two plates. Top each with a chop and spoon over any pan juices.

PER SERVING 881 kcals, protein 47g, carbs 42g, fat 60g, sat fat 25g, fibre 5g, sugar 15g, salt 0.67g

Pea & radish salad

SERVES 2 • PREP 15 mins • NO COOK

Easy V

Superhealthy Counts as 1 of 5-a-day

1 shallot, very thinly sliced
50g/2oz frozen peas
2 tbsp red wine or Sherry vinegar
1 tbsp olive oil
1-2 tsp sugar to taste
2 handfuls salad leaves
6-8 radishes, very thinly sliced

Put the shallot and peas in a bowl. Pour over a kettle of boiling water, then drain. Mix the vinegar, oil and sugar to taste, then season generously. When you're ready to eat, toss the shallot, peas, leaves, radishes and dressing together.

PER SERVING 82 kcals, protein 2g, carbs 6g, fat 6g, sat fat 1g, fibre 2g, sugar 4g, salt 0.02g

Moreish fruity treat

Blueberry & coconut pudding

SERVES 2 generously • PREP 20 mins • COOK 35-40 mins

Easy

50g/2oz caster sugar
50g/2oz soft butter
1 large egg
50g/2oz self-raising flour
50g/2oz desiccated coconut, plus 2 tsp
50g/2oz crème fraîche, plus extra to serve
zest and juice 1 lemon
180g punnet of blueberries

1 Heat oven to 180C/160C fan/gas 4. Beat the sugar and butter until pale and creamy, then beat in the egg. Stir in the flour, coconut, crème fraîche and lemon zest.
2 Put most of the blueberries in a baking dish (about 18cm square-ish) and squeeze over the juice from half the lemon. Dollop on the cake mixture and scatter over the remaining blueberries and 2 tsp coconut. Bake for 35-40 mins until golden, risen and the sponge is cooked. Serve with a dollop more crème fraîche.

PER SERVING 708 kcals, protein 9g, carbs 54g, fat 52g, sat fat 36g, fibre 6g, sugar 36g, salt 0.68g

WHAT TO DRINK

Take the lead from the rose veal and match it with an elegant rosé wine from the Rhône Valley. Réserve de la Saurine 2010, 13.5%, £6.49, Marks & Spencer, has delicate notes of citrus and exotic fruits – extremely pure and dry.

Photographs DAVID MUNNS | Food styling LIZZIE HARRIS | Styling ARABELLA MCNIE | Wine notes SARAH JANE EVANS MW

Cook in bulk, get ahead

Make & freeze

Spend a little time in the kitchen over the weekend, then enjoy the benefits on busier days. These family dishes can be made ahead and frozen for when you need them

Recipes LUCY NETHERTON Photographs DAVID MUNNS

Chicken, sweetcorn & noodle soup – recipe, p118

Food styling LIZZIE HARRIS | Styling ARABELLA McNIE

Bake-from-the-freezer pizzas – recipe, p119

Chicken, sweetcorn & noodle soup

SERVES 8 ● PREP 15 mins ●
COOK 1½ hrs Easy ❄ **Superhealthy**
Counts as 1 of 5-a-day, Low fat

2 large carrots, chopped
2 large leeks, trimmed and finely sliced
2 corn on the cobs, corn kernels cut off
200g/7oz vermicelli noodles
small bunch parsley, finely chopped
FOR THE STOCK
2 onions, quartered
1 leek, cut into chunks
2 carrots, thickly sliced
2 bay leaves
6 black peppercorns
parsley stalks
4 celery sticks, roughly chopped
2 tbsp vegetable bouillon or 1 vegetable stock cube
1.3kg/3lb chicken

1 Put all the stock ingredients and the chicken in a very large saucepan, then cover everything with about 3 litres cold water. Bring to the boil, then lower to a simmer and cook for 1 hr-1½ hrs, until the chicken is cooked through. Skim off any froth every 20 mins or so. Remove the chicken to a plate to cool. Strain the stock through a sieve, skimming off as much fat as you can.

2 Rinse out the pan and put the stock back in, then simmer on a high heat until reduced a little – you need about 2 litres in total. Add the carrots and leeks, then simmer for 10 mins.

3 Meanwhile, shred the meat from the chicken, discarding the skin and bones. Add to the pan with the sweetcorn. Add the vermicelli noodles, unless you want to freeze the soup, and simmer for about 7 mins more, until the corn and pasta is cooked. Ladle into bowls, sprinkled with the parsley. To freeze, allow the soup to cool completely before freezing (see tip, above), and when you're ready to eat, allow the soup to defrost before bringing it back to a gentle simmer in a pan. Add the noodles and simmer until cooked.

PER SERVING 288 kcals, protein 25g, carbs 28g, fat 9g, sat fat 3g, fibre 2g, sugar 5g, salt 0.71g

❄ **Easy freezing and defrosting** By freezing the soup in small portions in freezer bags or tubs, they will defrost quicker. Allow to defrost overnight in the fridge, or for a few hours at room temperature.

You can freeze the chopped parsley in a small bag: just sprinkle into the soup with the noodles.

Easier than you think – and so delicious

Beef cannelloni

SERVES 12 ● PREP 45 mins ●
COOK 1 hr 20 mins Easy ❄

1kg/2lb 4oz lean minced beef
1 tbsp olive oil
1 large onion, finely chopped
4 garlic cloves, crushed
2 x 660g jars passata with basil
large pinch caster sugar
400g/14oz dried cannelloni tubes
FOR THE TOPPING
50g/2oz butter
50g/2oz plain flour
600ml/1pt whole milk
140g/5oz soft cheese with garlic and herbs
140g/5oz Parmesan, grated

1 For the filling, dry-fry the beef in a non-stick pan on a medium-high heat, breaking up with a wooden spoon until browned – about 10 mins. Remove and set aside. Add the oil and cook the onion for 5 mins, until soft. Add the garlic for 1 min more, then tip in the beef and 1½ jars of the passata sauce and the sugar. Simmer for 20 mins while you make the white sauce.

2 Heat the butter in a small pan. When foaming, stir in the flour for 1 min. Add the milk gradually, stirring all the time to achieve a lump-free sauce, then bubble for 2 mins while stirring. Remove from the heat and stir in the soft cheese with seasoning until dissolved. Set aside, covered with cling film to stop a skin forming.

3 To assemble, pour the remaining tomato sauce into the base of 2-3 large baking dishes or 12 individual ovenproof dishes or foil containers. Spoon the beef into the cannelloni tubes using a teaspoon and lay on top of the sauce. Pour on the white sauce, then sprinkle with Parmesan. If freezing, allow to cool, then freeze wrapped well in cling film. To eat straight away, heat oven to 200C/180C fan/gas 6 and cook for 40-45 mins until the pasta is tender and topping golden. Defrost frozen cannelloni thoroughly, then cook as above for 50 mins-55 mins (or see tip below).

PER SERVING 479 kcals, protein 31g, carbs 39g, fat 23g, sat fat 12g, fibre 2g, sugar 9g, salt 1.28g

❄ **Cook from frozen** Cover with foil and cook at 180C/160C fan/gas 4 for 1 hr 15 mins (at this stage it should be defrosted). Then remove foil, increase oven to 200C/180C fan/gas 6 and cook for 30 mins more until piping hot.

If you froze single portions, check 15 mins before the end of each stage – they may cook quicker.

Freeze-ahead for Friday nights

Bake-from-the-freezer pizzas

MAKES 6 • PREP 30 mins plus rising • COOK 15 mins Easy V

500g pack bread mix or pizza base mix
little plain flour, for rolling
6 tbsp tomato pasta sauce or passata
small bunch basil leaves, shredded
18 cherry tomatoes, halved
250g ball mozzarella, torn (see tip, below)
25g/1oz Parmesan (or vegetarian alternative), grated

1 Make up the bread dough following pack instructions, and transfer to an oiled bowl to rise for about 1 hr.
2 Knock back in the bowl by squashing all the air out of the dough with your fist. Divide the dough into 6 and roll each one on a lightly floured surface to a circle about 18cm in diameter. Put dough you're not using under a damp tea towel or oiled cling film to stop it drying out.
3 Put the pizza bases on large oiled baking sheets – you may need 2 or 3. Spread 1 tbsp sauce or passata on each base, then scatter on the basil, tomatoes, mozzarella and Parmesan (or whatever you fancy). You can freeze the pizzas now, if you like, on the baking sheet, wrapped in cling film. Or if eating straight away, heat oven to 240C/220C fan/gas 9. Cook for 8-12 mins, until crisp and golden. To cook from frozen, remove the cling film and heat oven to 220C/200C fan/gas 7. Bake for 10-14 mins until crisp and golden.
PER SERVING 380 kcals, protein 18g, carbs 51g, fat 13g, sat fat 7g, fibre 5g, sugar 4g, salt 2.53g

TIP

Make sure to dry the mozzarella well with kitchen paper – this will help to keep the pizza base really crisp.

Short on freezer space? Don't wrap the pizzas and trays with cling film, open freeze instead.

As soon as the pizzas are frozen solid, lift them off the trays and stack, using sheets of greaseproof paper or baking parchment in between.

Then wrap the whole stack in cling film, or put in a large freezer bag – perfect if you'll be grabbing just one or two at a time.

Summer fish pie

SERVES 10 • PREP 30 mins • COOK 1 hr 10 mins Easy

500ml/18fl oz vegetable or fish stock
500g/1lb 2oz skinless salmon fillets
500g/1lb 2oz skinless pollack fillets
300g/11oz raw or cooked prawns (see tip, below)
175g/6oz frozen peas, defrosted
small bunch dill, chopped
200g/7oz green beans, chopped
300ml/½pt white wine
200ml/7fl oz double cream
1 heaped tbsp cornflour
FOR THE TOPPING
1.5kg/3lb 5oz new potatoes, larger ones halved
3 tbsp olive oil
small bunch spring onions, chopped
140g/5oz cheddar, grated
1 bunch chives, chopped

1 Heat the stock in a small pan and add the salmon and pollack. Simmer gently for 5 mins, then turn off the heat and leave to sit for 5 mins more. Remove the fish, keeping the stock, and flake into large chunks, removing bones as you go. Spread onto the base of 1 large or 2 smaller overnproof dishes with the prawns, peas, dill and green beans.
2 Pour the wine, reserved stock and cream into a pan and simmer to reduce a little. Mix the cornflour to a paste with 1 tbsp of the sauce and whisk back into the sauce, simmering until thickened. Pour over the fish and veg and leave to cool a little while you make the topping.
3 Boil the potatoes in salted water until tender, about 10-15 mins. Drain and steam-dry for a few mins, then return to the pan with the olive oil, spring onions and half the cheese and chives. Season, crush lightly with a fork or potato masher, then spoon over the fish. Sprinkle on the remaining cheese and chives.
4 To eat straight away, heat oven to 220C/200C fan/gas 7. Cook for 25-30 mins until the topping is golden and filling bubbling. To freeze, allow pies to cool completely, then wrap well and freeze. Defrost fully overnight and cook as above, just adding 10 mins to the cooking time. Or cook from frozen: cover with foil and cook at 180C/160C fan/gas 4 for 1 hr 45 mins, then remove foil and turn up to 220C/200C fan/gas 7 for 45 mins more, ensuring it is piping hot before serving.
PER SERVING 483 kcals, protein 32g, carbs 30g, fat 26g, sat fat 11g, fibre 3g, sugar 5g, salt 0.77g

Want to use frozen prawns? Follow the recipe but omit the prawns. Layer the fish, veg and sauce, then freeze it separately from the potato crush. Defrost untopped pie and crush, then scatter the frozen prawns over the pie, top with the potato crush, then bake as above.

Fancy little macaroons

Cooking for pleasure

Edd Kimber, champion of the BBC's *Great British Bake Off*, shares his expert knowledge so you can bake picture-perfect macaroons every time

Photographs DAVID MUNNS

A

B

C

Chocolate & raspberry macaroons

MAKES 35 • PREP 35 mins • COOK 14 mins Moderately easy

Precision is the key here, so the measurements are metric only.

170g icing sugar
160g ground almonds
120ml egg whites from about 4 medium eggs, separated into 2 equal batches
160g granulated sugar
½ tsp red food colouring (see tip, opposite page)
FOR THE FILLING
120g double cream
110g dark chocolate, finely chopped
25g unsalted butter, room temperature
75g raspberry jam

1 Place the icing sugar and ground almonds in the bowl of a food processor and pulse about 15 times until fully combined. Sieve this mixture into a large bowl, discarding any particles that stay in the sieve. Add the first batch of egg whites to the almond mixture, mix to form a thick paste and set aside.
2 Tip the second batch of egg whites into a spotlessly clean, heatproof bowl and have an electric whisk at the ready. Place 50ml water and the granulated sugar into a small saucepan on medium heat. Bring to a boil and cook until the syrup registers 110C, using a sugar thermometer, at which time start to beat the egg whites on high speed. Once the syrup is at 118C pour it slowly down the side of the mixer bowl, avoiding the moving whisk. Continue to whisk on high until the mixture has cooled slightly and you have a shiny peaked meringue mixture – the bowl should no longer be hot to the touch, but still warm. Add the colouring and whisk to combine.
3 Tip the meringue onto the almond mixture and gently fold together. It is important not to over-mix the batter – it should fall in a thick ribbon from the spatula (A). The ribbon should also fade back into the batter within about 30 secs – if it doesn't, fold a few more times.
4 Heat oven to 170C/150C fan/gas 3-4. Line 3 baking sheets with baking parchment. Transfer the batter to a piping bag fitted with a plain nozzle. Pipe rounds about 2.5cm in diameter onto the prepared baking sheets (B). Leave to rest for 30 mins out of the fridge, or until the macaroons have developed a skin.
5 Bake the macaroons for 14 mins (this needs to be precise so you could test a macaroon first). Immediately slide the parchment onto the work surface and cool for a few minutes before gently peeling the macaroons off the paper.
6 To make the filling, place the cream in a small saucepan and the chocolate in a medium bowl. Bring the cream just to the boil and pour over the chocolate. Leave to stand for a few mins, then stir to combine. Add the butter and stir until smooth, then leave to set until thickened. Place the chocolate mix into a clean piping bag with a smaller nozzle and pipe around the edge of half the macaroons (C). Fill the centre with jam and sandwich with another macaroon shell.

PER MACAROON 110 kcals, protein 2g, carbs 14g, fat 6g, sat fat 2g, fibre none, sugar 14g, salt 0.02g

VARY THE RECIPE

Blueberries & cream

Use **1 tsp violet food colouring** instead of red to make the macaroons.

For the filling, whip **100ml double cream** to stiff peaks and spoon or pipe onto half the macaroon shells, top with a **couple of blueberries** and sandwich with a second macaroon shell.

Mint chocolate

Use **1 tsp green colouring** instead of red to make the macaroons.

For the filling, make a double amount and add **1 tsp peppermint extract** when adding the cream. Pipe or spoon onto half the macaroon shells and sandwich with another shell.

• Last year, Edd won BBC Two's *The Great British Bake Off* and then quit his job in banking to follow his passion for baking. Since then, he has attended food festivals, held baking classes, made TV appearances and has worked at Raymond Blanc's restaurant Le Manoir aux Quat'Saisons. Edd is currently busy with various projects, including his first book on baking, out later in the year.

BBC TWO **The *Great British Bake Off* returns with a new series at the end of the summer**

Food styling EDD KIMBER | Styling JENNY IGGLEDEN

Macaroons are my all-time favourite things to make. They remind me of trips to Paris, staring through the windows of a super-smart patisserie. While they may seem tricky, if you follow my recipe carefully they really are achievable and make for an indulgent little treat

TIP

For best results, use water-based liquid food colouring and avoid any that are oil-based gels as they will change the texture of the macaroons. Most supermarket food colourings are water based, but check the ingredients before using to make sure.

Once finished, the macaroons actually improve with an overnight rest in the fridge.

Salt & pepper squid

Crisp, spicy coating and hot, tender squid make an irresistible combination – serve this as a starter or with other dishes as a main course BARNEY DESMAZERY Food editor

Barney's restaurant classics

Salt & pepper squid

SERVES 4 as a starter or as a main alongside other dishes • PREP 20 mins • COOK 5 mins

Moderately easy

Some recipes say to keep the squid in bigger pieces, but I think strips are easier to eat.

85g/3oz cornflour
85g/3oz plain flour
2 tsp black pepper, cracked
2 tsp ground Szechuan peppercorns, roughly crushed
sunflower or vegetable oil, for frying
400g/14oz squid, cleaned and cut into strips (see tips, below)
finely sliced spring onion and green chilli, to serve

FOR THE DIPPING SAUCE
1 red chilli, finely chopped
½ cucumber, finely diced
1 small red onion, finely chopped
100ml/4fl oz rice wine vinegar
1 tbsp caster sugar
2 tsp fish sauce

1 To make the dipping sauce, mix all the ingredients in a small bowl until the sugar has dissolved, then set aside. Mix the cornflour and plain flour with both peppers and 2 tsp sea salt in a large bowl, then set aside. Line a tray with kitchen paper and make sure you have more salt to sprinkle with.

2 Heat about 7cm of oil to 180C in a deep fryer, wok or deep pan. If you don't have a thermometer, you can test it with a cube of bread – it should brown in 20 secs. Coat the squid well with the flour mix and fry in batches for about 2 mins each or until crisp. Use a slotted spoon to lift out the squid, then drain on the kitchen paper and sprinkle with a little more salt. Serve the squid scattered with the spring onion and chilli, with the dipping sauce on the side.

PER SERVING 380 kcals, protein 20g, carbs 48g, fat 14g, sat fat 2g, fibre 1g, sugar 7g, salt 3.29g

A

B

RESTAURANT TIPS

• This dish does require last-minute deep frying, but you can prepare everything else ahead. Take your cue from a restaurant kitchen and have the dip made, the flours mixed, the squid prepped and the garnish ready a good few hours in advance. Then when it comes to cooking, you just need to heat up the oil.

• When buying the squid for this recipe, ask your fishmonger for whole squid that has been completely cleaned. You will then be given the tentacles, which you leave whole, and the main tube. Cut open the tube so that you have a flat sheet (A), then cut this into finger-thick slices (B). You can buy frozen squid or rings, but fresh is best for flavour and texture.

GoodFood iPad edition

• To see a video on how to prepare squid, download the June *Good Food* magazine iPad app from the Apple app store.

• Next month Salad lyonnaise

Photographs DAVID MUNNS | Food styling LIZZIE HARRIS | Styling ARABELLA MCNIE

This is one of those dishes that everyone loves, yet few cook at home, so it instantly shows you've gone to a lot of effort. I first tried it at a Chinese restaurant on a hot day in Sydney, along with an ice-cold beer. Since then it has been my favourite thing to serve with drinks

Treat friends to something different

What to drink

Sarah Jane Evans explains why the price of wine is rising, and recommends her best buys

Treat for Father's Day 19 June

Domaine of the Bee 2008, Vin de Pays des Côtes Catalanes, France, 15%, £20, *domaineofthebee.com*.
Why buy? This is a great gift for anyone who ever dreams of owning a vineyard. Justin Howard-Sneyd MW, a former wine buyer, and his wife have done just that.

Their wine is crammed with character, bursting with the energy that only comes from older vines – firm, with dense black fruit and mocha notes, perfect with the Sunday roast. Before serving, pour into a jug to let in the air and soften a bit, then back into the bottle. Then dream about your own vineyard.
Why so pricy? Take a look at the friendly website. It explains all about the economics of small production.

BUDGET BUYS

La Serrana Tempranillo 2010, Cariñena, Spain, 13%, £3.99, Majestic
Why buy? For its light, cheerful juiciness at a great price. Spain is a reliable source of bargain wines, reds especially. Good choice for a party.
What else is in store? You have to buy a minimum of six bottles at Majestic, but it is usually possible to taste some before purchase. Brilliant value at all price points– keep an eye on the website for regular offers.

Viña Decana Reserva, Utiel-Requena, Spain 2005, 12.5%, £4.99, Aldi
Why buy? This bottle is dressed up to look like a Rioja, but it's not. It's from Utiel-Requena – like Cariñena, this Spanish region is a great source of value reds.
What else is in store? Aldi's range is small, but it has a high success rate with generally soft, fruity styles.

Spar Chilean Merlot, 13%, £4.89
Why buy? Chile reliably delivers generous, youthful fruit. Its winemakers have not forgotten about value for money.
What else is in store? Selections vary from Spar to Spar. The Spar brand wines have been relaunched and offer better value for money.

SUMMER CORDIALS

Five Valleys Cordials are familiar to shoppers at Stroud Farmers' Market, but this year the company is branching out nationally. There are five flavours – two lovely summery ones are Pomegranate & Rose, and Lemon & Mint. Try with sparkling water, in cocktails, or as ice-lollies. £3.19, Waitrose.

VALUE FOR MONEY AROUND £10

Taste the Difference 12-year-old Oloroso, Jerez, Spain £7.99, Sainsbury's
Why buy? Fantastic price for a wine this age. It's a Sherry that has become intensely nutty and dry, yet still tastes wonderfully fresh.
Savour with Mature cheese such as Comté with dried figs.

Trimbach Riesling 2008, Alsace, France, 12.5%, £9.99, Majestic
Why buy? A delightful reminder that summer is finally here. This wine is alive with citrus aromas and white flowers, and has a pure, refined freshness with a little exotic richness.
Enjoy with Perfect by itself. Also a good foil to smoked salmon or anchovies, as well as onion tart.

Vasse Felix Semillon/ Sauvignon 2010, Margaret River, Western Australia, 12%, £10.99, Waitrose
Why buy? If you like Sauvignon Blanc from New Zealand, this is one to try. A wine of exceptional freshness and pure fruit.
Serve with This wine demands the best and goes down a treat with lobster or scallops, or add class to a goat's cheese salad.

Barbera 2008, Charles Back, Coastal, South Africa, 14%, £9.99, M&S
Why buy? The Barbera grape – an Italian native – is flourishing in South Africa, and produces big, rounded wines, with cherry fruit.
Pair with Full-flavoured dishes with just as much heart as the wine: try with lasagne, or spicy burgers.

IN SEARCH OF BARGAINS

Where has all the cheap wine gone?
It has disappeared under the overwhelming pressure of the VAT increase, exchange rate rises and escalating costs of raw materials. In rare cases, the price of grapes has gone up, but generally growers are now being paid less, often below the cost of production, for their fruit.

Prices seem to have gone up suddenly
The economic downturn has played its part. However, shoppers are very resistant to wine rises that go over the pound barrier. So prices move in fits and starts.

For a long time, there were bargains at £3.99, until the pressure of production costs built up and they moved to £4.29, then £4.49 and £4.99 – where they sat for ages, as none of the supermarkets wanted to be the first to go above £5. In the same way, many £5.49 wines have moved up to £6.49 and now hover at £6.99.

The next barrier is £10. There's a queue of wines piling up at £9.99 – no one wants to be the first to move into double figures.

Is it worth buying cut-price wines?
Bottles that appear to be unbelievable discounts generally are. In a supermarket, these are often wines that have been specially created to be sold for a certain period at an inflated price, so they can be offered later at around half price.

However, there are good reasons for discounts, such as when a retailer has overstocked, or a producer has sold up or gone bankrupt and stock is available cheap.

Any more tips?
If you can, try before you buy. Or buy one bottle, then go back the next day and snap up more if you like it. Remember, good value comes at every price point, from £3.99 to £30.99.

Keep an eye on supermarket shelves, but also chat to staff in your high street wine shops – many offer free tastings at weekends, as well as good advice.

Photographs ADRIAN TAYLOR | SARAH JANE EVANS IS A MASTER OF WINE

ON TEST GRATERS

Essential for a huge range of tasks – we tested more than 30 to find our top five

EVERYDAY CHOICE

Microplane gourmet graters, £21.95, kitchen stores and 01200 428339, *silvernutmeg.com*

The professional's choice – nothing matches it for efficiency. The razor-like edges are formed by a process called photo etching. This means the 'grating' holes have been chemically dissolved, as opposed to being machine stamped, leaving a surface that finely slices instead of shredding.

Available in four grades, use the fine version to grate zest, or the extra-coarse for shredding potatoes for rösti. It's worth investing in the slider box (£5.80) that fits over the surface so you can grate even the smallest items without shredding your fingers.

PERFECT FOR PARMESAN

Cuisipro Parmesan rasp, £11.99, department stores and 01600 719717, *saltandpepper.co.uk*

Neat grater that produced powdery shavings. The blade has extra-sharp teeth and a grooved surface that helped reduce resistance – nuts were a doddle.

The blade cover doubles as a holder to catch gratings. It has marks for measuring, but we didn't find it very accurate – it was at least 5ml out when measuring chocolate. Hand wash only.

SPACE SAVING

Judge mini grater, £1.99, kitchen stores and 0800 371355, *hartsofstur.com*

Designed for nutmeg, this sits comfortably in the palm of your hand for steady grating. It has a medium-grating surface that also made light work of lemons and chocolate. The detachable collection tray is roomy enough to keep spare kernels and its size makes it easy to store. Dishwasher safe.

STURDY AND STABLE

OXO Good grips box grater, £15.32, department stores and 0845 6800258, *salamandercookshop.com*

We tested ten box graters and this was the only one that didn't rust in the dishwasher. Each side has a different gradient – coarse, fine, super-fine, and slicing.

The slim design makes it easy to store and it's steady on a work surface. A small container clicks onto the base to gather the contents, but this is too small to be practical.

EFFICIENT ROTARY

Kitchen Craft stainless steel rotary grater, £8.33, department stores and *amazon.co.uk*

The all-metal construction gave an effective solid grip, which meant less manual effort was needed in processing. It was excellent at producing strands of cheddar, but did struggle with anything hard, such as chocolate. It's easy to use – you just place the cheese into the compartment, close, then rotate the handle. To clean, you simply fold out the handle to remove the drum. Hand wash only.

OUR TOP TIPS

- If you are using a metal grater, pop it into the freezer for several minutes before you start grating – cheese won't stick to cold metal.
- Keep an old toothbrush next to the sink and use it to scrub off any cheese that clogs the grater holes. Make sure you use very hot water with washing-up liquid to ensure you remove all the cheese.
- To zest fruits, rub the citrus fruit twice down the grater, then rotate the fruit to grate a new side. If you grate more than twice on one side you are likely to grate the pith which can add a bitter taste to your dish.

ON TEST BREAD MIXES

First time baking a loaf? Try an easy-to-use bread mix. We tested 26 to find our favourites

3 OF THE BEST

Best white

Wright's baking premium white bread mix, 500g/makes two 1lb loaves, 89p

Made a fluffy loaf with a crisp, tasty crust and even crumb, both by hand and in the breadmaker. Still tasted fresh three days later. *Widely available.*

Best wholemeal

Tesco crusty wholemeal bread mix, 500g/makes two 1lb loaves, 68p

The dough was light and springy, which resulted in an airy loaf and good crust. It produced identical results by hand and in the breadmaker.

Best seeded

Glebe Farm organic seeded bread mix, 500g/makes two 1lb loaves, £1.99

Wholemeal flour with linseed and sunflower seeds, and sachets of pre-measured yeast. Produced a nutty, open-crumbed loaf by hand. The results in a bread machine were more dense, but equally good. *01487 773282, glebe-flour.co.uk*

Also worth trying...

Sharwood's naan bread mix, 325g/5 naan breads, 71p, Asda

Quick to use: mix with water, knead, prove, then grill to a pillowy finish. We like the idea of using to make mini naans for canapés.

Feature SARAH SYSUM | Photographs ADRIAN TAYLOR

The perfect taste

Enjoy authentic food and wine safe in the knowledge that they have been lovingly produced by skilled craftsmen

The PDO label is your guarantee of authenticity and quality, assuring you that the food and drink you're serving at your dinner table has a traceable origin and that it has been produced using only traditional methods that have been perfected over hundreds of years by dedicated craftsmen from Parma, Burgundy and the Douro Valley.

Discover the Origin is a campaign promoted by the European Union, Italy, France, Portugal and achieved by the representative offices in Burgundy wines, Port and Douro Valley wines, Parma Ham (left) and Parmigiano-Reggiano cheese.

Its aim is to educate consumers, distributors and food professionals about the PDO (Protected Designation of Origin) and the benefits of the provenance indicator schemes, the relevant checks, controls and traceability systems that are put in place to ensure ongoing quality, and to differentiate the products.

Delicious, authentic and versatile, PDO foods and wines can be enjoyed on their own or used together in mouthwatering dishes such as the Roasted quails wrapped in Parma Ham and sage with Parmigiano-Reggiano recipe, above right.

Protected Designation of Origin (PDO) status is awarded to foods from a specific geographic area which adhere to rigorous standards. The PDO is an indication of quality and origin of traditional products created by the European Union, to help consumers by informing them about the specific features of the products, and to protect their geographical appellations against imitations and usurpations.

Roasted quails wrapped in Parma Ham and sage with a Parmigiano-Reggiano cheese polenta

SERVES 4 • PREP 25 mins • COOK 30 mins Easy

Enjoy this dish with a delicious glass of red Burgundy wine, such as a Savigny-Lès-Beaune.

olive oil
4 quails
8 sage leaves
4 garlic cloves
8 slices of Parma Ham
250g/9oz instant polenta
50g/2oz freshly grated Parmigiano-Reggiano cheese

1 Heat oven to 200C/180C fan/gas 6. Massage olive oil over the quails, season and stuff them with some sage leaves and a garlic clove.
2 Wrap the Parma Ham around the quails, place them on a baking tray and drizzle a little more olive oil over the top of them.
3 Place the baking tray in the oven for 25-30 mins. If necessary, you can also grill the quails for 2-3 mins so the Parma Ham crisps up.
4 While the quails are cooking, put the polenta, a pinch of salt and 1 litre of water in a pan and heat, stirring, until it thickens and has cooked.
5 Stir a little olive oil and the grated Parmigiano-Reggiano cheese into the polenta, then serve immediately with the quails.

WIN A RECIPE BOOK!

Discover the Origin is giving away 10 copies of its fabulous *Discover the Origin* recipe book, featuring perfect dinner party food and drink matching suggestions. To enter, simply visit *discovertheorigin.co.uk/competition/goodfood*.

DISCOVER THE ORIGIN

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This sleek range of versatile pans has been created with the everyday cook in mind. In a stylish design coupled with a tough, effective non-stick surface and special hard-anodised body, all these pans are ideal for use on any hob, including Induction.

The set comprises a 20cm and a 24cm shallow frying pan – ideal for sautéing or stir-frying on the hob and roasting or baking in the oven – and a 16cm milk pan. This has a 1.6 litre capacity, a 'stay-cool' handle and two pouring spouts, making it ideal for both left- and right-handed users.

Suitable for use with metal utensils, the pans can also be used in the oven (to 260C), are dishwasher safe and come with a 10-year guarantee.

* Please add £3.99 p&p

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LE CREUSET

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These versatile dishes are suitable for the oven, microwave, grill, freezer and dishwasher.

They are ideal for bakes and roasts, and they always look smart on your table.

* Please add £3.99 p&p

** Not suitable for microwave use

*** Not suitable for use on the hob

Available in a variety of colours. Choose from almond, cassis, cerise, graded blue, teal, volcanic, granite or satin black, .

Le Creuset classic teapot and mugs set from only £39.99*

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LE CREUSET

Le Creuset colour code

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The Toyota ERG 15P offers amazing value at just £99.99, plus £2.99 p&p, saving £139 (rrp £239).

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* Not for sale to under 18's

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MY KITCHEN
CJ Jackson

The food writer and fish expert, who also organises *Good Food*'s taste team panels, shows **Val Wotton** the family kitchen she created by converting an old garage

Photographs GEOFF WILKINSON

CJ is a very busy woman. As well as co-ordinating *Good Food*'s taste teams, she writes books, creates recipes and is a director of the Billingsgate Market Seafood Training School, leaving home regularly at 5am to get to the London market.

After living in London for many years, CJ moved to a village in Kent with her husband Colin and their seven-year-old son, Joseph. The couple's new home was originally built as a stable block and coach house in the 1860s, then converted – quite badly – into a house in the 1960s. They spent a year gutting and refurbishing it before they could move in.

Who designed the kitchen?

I did. It was just a big, empty garage space tacked on the end of the house. It was dark and damp, with the original bricks-on-earth floor – a blank canvas.

Where did you start?

Once we'd put the windows in, I spent a lot of time thinking about how I wanted the kitchen.

Really, it was designed around our old kitchen table. I wanted that to be in the middle, so we could have friends round, Joe could do his homework and I could work there – it really is the centre of our existence.

The units came from Howdens, a trade supplier suggested by our builders. Their designer was very helpful too – the kitchen isn't quite rectangular, so it wasn't easy.

What were your priorities?

I grew up near here on a self-sufficient farm and, remembering that, the one thing I really wanted was a proper pantry for food storage. So, we had that and a utility room built first.

After years of living with a small kitchen in London, I wanted a big fridge-freezer with an ice-maker. That sits near the larder so that all the food is out of the way at one end of the room – and the kitchen is

CJ's much-loved scrubbed pine table is at the heart of her new kitchen and family life

completely stuffed with all the things I've collected over the years!

So storage is important?

Yes – after years of working in the food industry, I've amassed dozens of knives and all sorts of gadgets. I have about 15 drawers I keep them all in – I prefer pull-out drawers to cupboards you have to dig around in. Easy access is vital or you don't use stuff.

I also didn't want lots of wall cupboards blocking the height of the kitchen, but I did want one with a plate rack because you can easily grab what you want.

Was the kitchen expensive?

I think it was incredibly good value – around £10,000 for everything except

Turn over for tips and how to get the look

Old stone jars echo the warm tones of the wall tiles from Winchester Tiles

Fish dart over ceramic wall tiles – a reminder of CJ's work in the fish industry

The wall cupboard gives display space for CJ's copper kitchenware, while the wooden plate rack keeps everyday crockery close to hand

The dual-fuel cooker – a showroom bargain – has two ovens, a grill, five burners and a ceramic warming plate

CJ loves her 'proper pantry' for storing cheese, wine and her homemade jams

The chef-style tap (right) has a pull-out jet, useful for rinsing vegetables or large pots and pans

The high ceiling adds to the feeling of space – and is great for loud music

flooring and tiles – it even included the cooker and fridge-freezer, and the builders fitted it.

I find granite a bit hard and unforgiving so I didn't want stone worktops. I'm very happy with my £300 laminate lookalike, which is always covered by things anyway. Buying laminate saved thousands and meant I was able to splash out on the tiles I really liked.

Would you change anything?

I could – and should – have gone for deeper worktops. I have so much stuff out that I have to clear a space for the chopping board or use the table.

But I love the kitchen: the warm colours, the light and the space. We can open the fold-back doors and it's easy for Joseph, who has cerebral palsy, to run in and out to the garden. And the high ceiling is great for loud music.

With the small kitchen I had before, I had lost the joy of entertaining, but we've got back to it now and I'm really enjoying cooking for a crowd again.

• For details of courses at the Billingsgate Training School, visit *seafoodtraining.org*

• *Billingsgate Market Cookbook* by CJ Jackson (£20, New Holland).

• *The Fish Cookbook* (editor-in-chief CJ Jackson, £20, DK) is out this month.

CJ'S KITCHEN PLANNING TIPS

• You don't have to spend a fortune on a kitchen – prioritise what is important to you.

• List what you want, but listen to your designer's suggestions for how to achieve it.

• Add colour with tiles and accessories – they can easily be changed when it's time for an update.

GET THE LOOK

Available in 2, 3 or 4 metre widths and 41 colours, Point is from the Designer Collection of easy-to-lay luxury vinyl by Gerflor (01926 622600, *gerflor.co.uk*). Guaranteed for 15 years, and with a tough PureClean finish, it's around £31.99 a sq m

The Zanussi ZCM1031X has five gas burners with cast-iron supports, and two electric ovens, and is around £1,200. (08445 612612, *zanussi.co.uk*)

Add sound and colour to your kitchen with the Evoke Mio digital radio in Orla Kiely's signature Stem design, £149, John Lewis

Hand-glazed in Exeter, these decorative fish tiles are available in six different designs at £10.95 each from the Winchester Tile Company's Residence Range (01392 473005, *winchestertiles.com*)

Invest in a stunning style statement that's practical, too. The Swiss Pro tap by Franke (0161 436 6280, *franke.co.uk*), around £460, has a pull-out trigger-action spray

A healthy choice

For a healthier approach to everyday family cooking, try delicious and versatile new Flora Cuisine – it's ideal for frying, roasting and baking

When cooking everyday family favourites, it can be hard thinking of ways to make them healthier without compromising on taste. With new Flora Cuisine, you can do that with ease.

Made from a unique blend of rapeseed, linseed and sunflower oil, Flora Cuisine contains naturally occurring Omega 3 and 6, and has 45% less saturated fat than olive oil. It's perfect for helping to keep your family heart-healthy.

This ground-breaking cooking aide from Flora is a healthier alternative for cooking, whether frying, roasting or baking. Simply add a tablespoon of Flora Cuisine to a frying pan or a roasting tin, and when it melts from creamy to clear, it's hot enough to add your food. Its mild taste enhances the flavour of food and it cooks well, with little-to-no spitting or burning.

Mums always know best when it comes to cooking, which is why Flora has teamed up with real mums to try out Flora Cuisine and recreate their favourite recipes – try this quick and easy one by Flora Real Mum Lise, from Lancashire (right). Even TV presenter Vernon Kay and his mum Gladys have joined in, cooking up a storm in the kitchen with Flora Cuisine.

So make sure you keep a bottle in your fridge. Now available in the chiller aisle at your local supermarket, rrp £1.99 for 500ml.

Star treatment for the hearts you love

Flora Cuisine has the backing of world-renowned chef Jean-Christophe Novelli, who has created a special range of heart-healthy dishes. He says:

'Flora Cuisine is like no other cooking product out there. It absorbs all the ingredients' flavours, so every mouthful is full of taste – and it's healthy for your heart.'

Rainbow Beef

SERVES 4 • PREP 25 mins • COOK 25-30 mins
Easy

- **300g/11oz lean beef, cut into thin strips**
- **1 tbsp Flora Cuisine, plus extra if you need**
- **250g/9oz medium egg noodles**
- **1 red pepper, deseeded and cut into strips**
- **6 baby corn, halved**
- **85g/3oz mangetout**
- **3 spring onions, sliced**
- **2 garlic cloves, sliced**
- **2 tsp fresh ginger, grated**
- **4 tbsp fresh orange juice**

FOR THE MARINADE

- **6 tbsp hoisin sauce**
- **2 tbsp reduced salt soy sauce**
- **1 tbsp runny honey**
- **1 tsp sesame oil**

1 Put the marinade ingredients in a shallow dish and mix together. Add the beef strips and coat in the marinade. Cover and set aside for 1hr.
2 Heat the Flora Cuisine in a wok or frying pan. Remove the beef strips from the marinade and fry in the pan on a high heat for 2 mins, stirring continuously until brown all over. Remove the beef and set aside.
3 Bring a saucepan of water to the boil. Add the noodles, stirring to separate them and then cook according to pack instructions until tender.
4 If the wok/frying pan looks a little dry, add a drop more Flora Cuisine, then add the red pepper, baby corn, mangetout and spring onions. Stir fry for 2 mins.
5 Add the garlic, ginger, beef and the leftover marinade and stir fry for 1 min. Pour in the orange juice and cook, stirring for another minute.
6 Drain the noodles and divide between serving dishes. Spoon the vegetables and beef over the top and serve immediately.

PER SERVING 451 kcals, fat 12.6g, sat fat 3.4g, sugar 8.3g, salt 2.51g

LEFT Vernon Kay and his mum Gladys love Flora Cuisine

For more heart-healthy recipes created by Jean-Christophe Novelli and Flora's expert mums, visit *florahearts.com/cuisine*

WORKING
IN FOOD

The product developer

Exotic travel, eating out and tastings are all in a day's work for a supermarket product developer. **Sally-Jayne Wright** finds out more

If you love spotting new products on the supermarket shelves, then Matt Mcauliffe is one of the people to thank. He is one of a team of 27 food product developers at Marks & Spencer, whose mission is to refresh a quarter of the store's range each year.

'It's the best job in the world because every day is different,' says Matt. 'We get ideas from street markets, cookbooks, eating out and, above all, travel.' In seven years, he has visited New York, San Francisco, Thailand, Vietnam and Italy.

Matt, 39, studied Geography rather than Food Science at university, but impressed at his job interview with his experience: from selling his own snacks at music festivals, to setting up a deli for Antony Worrall Thompson.

On the day we talk, Matt is due to taste his way through two new ranges submitted for approval. About 80 per cent of new products developed will never reach the shelves.

'Taste is subjective,' he says. 'And you can't just say something is "delicious". We learn to feel and smell food, to look at the colour, and describe tastes in terms that everyone understands.'

It takes up to 18 months to launch a new line, and every detail matters, from shelf position to product name. 'Vichyssoise didn't sell very well until we called it Cream of leek & potato soup,' he says.

Matt and the team have to work many months ahead. In February, he was inspecting package designs for next Christmas, as well as reviewing summer beers and wines. He also meets regularly with trend-forecasters as it's difficult to predict when new ideas will catch on.

'When we launched a South American range of tortillas, crabcakes and salsas five years ago, it flopped,' he says. 'But our new Mexican range is flying off the shelves now.'

Matt considers one of his proudest achievements was launching cupcakes 'on the crest of the wave, when they were on *Sex and the City*'. His latest coup, meanwhile, is a range of clever shortcuts, including a paste to give your paella authentic flavour and a topping to guarantee crunchy roast potatoes.

That night, Matt and his team were dining at a trendy British steakhouse to seek inspiration for cocktails and steak accompaniments. 'I told you it's the best job in the world,' he laughs.

PROS
- Variety and fun.

CONS
- Frustration when ideas can't be reproduced.
- Having to taste foods you dislike.

YOU NEED
- Creativity.
- Food knowledge and passion.
- Patience and tenacity.

TRAINING
- A food-related degree is useful, but not essential.
- Marks & Spencer graduate trainees start on £23,500.

My life on a plate

SIMON HOPKINSON

Simon Hopkinson was 17 when he began cooking at La Normandie, a French restaurant in Birtle, Lancashire. Some 25 years later, in 1987, his success as a chef led to a partnership with Sir Terence Conran at Bibendum restaurant in London, where he remains a co-owner. Simon is also an award-winning food writer and author of the best-selling *Roast Chicken And Other Stories*.

Earliest food memory?
Eating rice pudding at a hotel in Wales. It became known as 'only pudding' because I insisted that was the 'only' thing I wanted to eat.

First thing you cooked?
When I was very young, I used to like making mayonnaise shaken in a jar using olive oil from the chemist. The first 'proper' dish I cooked was eggs in curried mayonnaise when I was about 12, from a recipe in an old *Cordon Bleu* magazine.

Food hero?
Richard Olney – the most lovely food writer ever.

Dish you're proudest of?
Roast chicken is the one I'm known for, but what I'm most proud of are my stocks: I love making soups – particularly clear consommés – and meat jellies. I am always thrilled when I've made a really good meat jelly from a homemade stock.

Favourite piece of kitchen kit?
My dad's old potato peeler with a swivel head.

Luxury you couldn't do without?
Very good Italian white unsalted butter.

Ideal meal?
I would go to the stunning Four Seasons restaurant in the Seagram building in New York. It has the most beautiful dining rooms. I would pick a Caesar salad, which they make at your table with a coddled egg.

Secret ingredient?
Maggi seasoning – I use it as a condiment rather than in cooking. It's very nice on a fried egg on toast.

Guilty pleasure?
Reese's peanut butter cups – salty peanut butter encased in chocolate, an American confection. I restrict myself to one pack of three at a time.

• Simon's new series, *The Good Cook*, starts soon on BBC One

Photographs JON BAKER, BBC

TV news & recipes

Recipes from Two Greedy Italians • Saturday Kitchen • Something For The Weekend • Rhodes Across The Caribbean

Edited by KATHRYN CUSTANCE
All TV recipes are tested by PETRA JACKSON Home economist

Great British Menu

The contest hots up this month as the eight competitive chefs vie to get their dishes on the menu for a final banquet at London's Leadenhall market.

It has been a tricky competition for the *Great British Menu* chefs, says judge Prue Leith, as they've had to produce dishes to share at a community party: 'Restaurant chefs are used to cooking plates of food for one, so it's a challenge for them,' she says. 'This year, I've been impressed with the puddings. Most years, they are the weakest courses, as many of the chefs have pastry chefs who do their puddings for them, but this year they've been delicious, which pleased [fellow judge] Oliver Peyton no end.'

Weekday evenings on BBC Two at 6.30pm until Friday 3 June

Behind the scenes

In 2009, the BBC invited villages to come up with schemes to revitalise their communities; six were awarded £400,000 each to invest in projects ranging from saving a local pub in Honeystreet in Wiltshire, to establishing a quality food range and cookery school in Tideswell, Derbyshire (right), and creating an artisan bakery in Powys using flour ground in a renovated water mill. This summer in *Village SOS* you can see how these villages got on. Senior producer Deborah Perkin explains the project.

Biggest challenge?
Where to get the money. We realised from the start that we couldn't use licence-payers' fees so we approached the Big Lottery Fund, where we got a very warm reception. They were looking to fund rural projects that were both realistic and had a purpose – it's been a brilliant partnership.

How did you pick the winners?
The Fund shortlisted 28 villages from the 206 that applied and gave them £10,000 each to put together a business plan. We chose projects that we could see would bring communities together.

How are the six projects doing now?
Some, such as Taste Tideswell, are already up and running with their cookery school and community kitchens; others, such as the Talgarth flour mill in Powys, involved so much work that they will take a little longer, but I am sure they will all be a success.

What did you learn about village life?
I've learned that modern life is very fractured; not just in towns but in villages, too. Projects like these bring people together. The new sense of community has been inspirational.

How can viewers become involved?
They can visit *bbc.co.uk/villagesos* to pick up ideas for community projects and find out how to get funding. They can also contact the villages involved.

***Village SOS* starts on BBC One in June**

FOOD FOR THOUGHT

Are we being served?

When it comes to good restaurant service, the French still do it with a certain style that the British lack, argues *The Food Programme*'s **Simon Parkes**

Recently, while working in France, I became reacquainted with a fearsome figure who turns up regularly in France. I'm talking of Madame La Patronne. In the classic restaurant she runs with her husband, he's banished to the kitchen while she is all-knowing and all-seeing – greeting guests, handing out menus, explaining dishes, taking orders and marshalling the troops.

Her coiffure is immaculate, as is her simple black suit; she bustles about, filleting sole on a flat silver dish, and can carve a roast poulet de Bresse double-quick. As she wheels her trolley into position, a brigade of young commis waiters performs a ballet around her, bringing gravies, vegetables and accompaniments. Even though this form of cookery and service hardly exists here in the UK, its precision, theatrics and ability to make guests drool are a joy to behold.

Why is there no equivalent to this Grande Dame on this side of the Channel? Is it that, despite our great interest in eating and cooking food, the British still consider it demeaning to wait at table? Well, largely, that's so. Although Michel Roux's recent BBC Two series on restaurant service was timely, there hasn't been much of a trickle-down.

The British-based Academy of Culinary Arts reported an increase in applicants for the 'Service' section of their Awards of Excellence; however, just a quarter of the 28 finalists were British.

If we want restaurateurs to be ambassadors for the food their kitchens produce, we need to look across the Channel to remind ourselves why service matters.

• Do you run a restaurant? Have you worked as a waiter or waitress? Let us know what you think about service in restaurants. Contact us at *goodfood@bbc.co.uk* **or write to us at the address on p3.**

BBC RADIO 4 92–95FM

***The Food Programme* is on BBC Radio 4 on Sundays at 12.30pm, repeated on Mondays at 4pm**

News KATHRYN CUSTANCE | Photographs BBC, GETTY |
Programme information correct at time of going to press. Please check *Radio Times*, *radiotimes.com* or *bbc.co.uk* for transmission dates

Two Greedy Italians

Try a taste of the Mediterranean with these recipes from **Gennaro Contaldo** and **Antonio Carluccio**'s series, which continues on Wednesdays at 8pm until 18 May on BBC Two

GENNARO CONTALDO

True Neapolitan pizza (La vera pizza Napoletana)

MAKES 2 pizzas • PREP 35 mins plus rising • COOK 7 mins

Moderately easy

During a trip to Italy, we visited one of the oldest pizzerias in Naples, Sorbillo, where people queue around the block to sample the Pizza margherita.

500g strong plain flour, plus extra for dusting
10g salt
10g fresh yeast
300g canned plum tomatoes
few dried breadcrumbs for sprinkling
4 tbsp extra virgin olive oil, plus extra for drizzling
25g Parmesan, freshly grated
few basil leaves or some dried oregano
150g mozzarella, roughly chopped

1 Heat the oven to 250C/230C fan/gas 9. Put the flour and salt in a large bowl. Dissolve the yeast in 325ml lukewarm water and gradually add to the flour, mixing well to make the dough. If you find the dough too stiff, add a little more water, and if too sticky, just add a little more flour. Shape the dough into a ball and leave to rest, covered with a cloth, for 5 mins. Knead the dough for 8-10 mins and split it in half. Knead each of the pieces for 2 mins and shape into balls. Sprinkle some flour on a clean kitchen cloth and place the dough on it, then cover with a slightly damp cloth. Leave to rise in a warm place for 30 mins. (On a chair in front of the heating oven is a good spot.)

2 Meanwhile, place the tomatoes in a bowl, crush them slightly with a fork, season with salt and freshly ground black pepper and mix well. Sprinkle some flour on a clean work surface and spread 1 dough ball into a circle about 35-40cm in diameter, making it as thin as a pancake (being careful not to tear it), with the border slightly thicker. Repeat with the second dough ball. Sprinkle a few breadcrumbs on 2 large baking trays and place the pizza bases on them.

3 Spread a little of the tomato evenly over each base – not too much, or the pizzas will be soggy. Drizzle with the olive oil, sprinkle over the Parmesan, add a few basil leaves or sprinkle over some oregano and top with pieces of mozzarella cheese. Bake for 7 mins, or longer if you prefer your pizza crisp. Remove from the oven, drizzle with some more olive oil and enjoy.

ANTONIO CARLUCCIO

Chicken with artichokes, onions, potatoes and rosemary (Pollo con carciofini, cipolle, patate e rosmarino)

SERVES 6 • PREP 20 mins • COOK 1 hr Easy

This recipe is perfect for a Sunday family lunch. Once prepared, it can be left to the perfect cook – the oven! The dish is very versatile – rabbit can be used instead of chicken (very good indeed), or any other light meat (slivers of veal, for instance, or even lamb cutlets). Ensure, however, that you use tender artichoke hearts – available in spring and early summer – as larger ones will be too tough.

1.8kg good-quality chicken, jointed
about 8 small artichokes (preserved in water, not brine), prepared and quartered
1 large white onion, chopped
1kg new potatoes, scrubbed and halved or cut into chunks (depending on size)
2 tsp rosemary, chopped, plus a few sprigs for garnish
6 tbsp olive oil

1 Heat the oven to 200°C/180C fan/gas 6. Put the chicken pieces, artichokes, onion and potatoes into a large roasting dish. Sprinkle with the rosemary, drizzle with olive oil and season with salt and freshly ground black pepper. Mix well with your hands so that every piece of meat is coated well.

2 Put into the oven for 30 mins. Take out, mix all the ingredients together well (using a spoon this time!) and return to the oven for another 30 mins, after which the chicken should be cooked through and the potatoes should be tender.

3 Serve immediately, garnished with rosemary and accompanied by a simple green salad.

Petra, our TV recipe tester, says This really is lip-smackingly good. Provide plenty of napkins for sticky fingers, as you will want to enjoy nibbling the joints. You probably won't need any bread as the potatoes soak up a fair bit of the juices. But teenagers may want some – I've always got a ciabatta knocking about in the freezer.

• Recipes taken from *Two Greedy Italians* by Antonio Carluccio and Gennaro Contaldo (£20, Quadrille)

Want to catch up?

If you missed the start of this charming series, you can catch up with it on BBC iPlayer. In the first programme, old friends Gennaro and Antonio visit Emilia-Romagna – the region of Parmigiano and Parma ham – for a typical Sunday lunch with friends near Modena. In this traditional family, la mammas do all the cooking, but at their next stop in Bologna, they meet a group of career women who don't cook at home and discover that cookery schools aimed at tourists are being inundated with Italians.

Recipes compiled and tested by PETRA JACKSON

Something for the Weekend

Simon Rimmer cooks with **Tim Lovejoy** and guests live on Sundays from 10am on BBC Two

Paprika glazed ribs with spicy slaw

SERVES 6 • PREP 20 mins plus marinating • COOK 50 mins Easy

FOR THE RIBS
225g soft light brown sugar
1 tbsp sea salt
2 tsp smoked paprika
1-2 tsp cayenne pepper (use less if you prefer)
2 tsp garlic powder
1 tsp ground allspice powder
1 tsp chilli flakes
About 1.5kg pork ribs, cut into 3
FOR THE SPICY COLESLAW
1 white cabbage (not too big)
1 red onion
3 medium carrots
1 red chilli
1 tbsp wholegrain mustard
1 tbsp sweet chilli sauce
125ml mayonnaise
juice 1 lime

1 Mix the sugar, salt and spices together, then rub all over the ribs. Wrap in cling film, and leave for at least 2 hours, though they will be even tastier if you leave them longer – even overnight.
2 Heat oven to 180C/160C fan/ gas 4. Oil a griddle pan and heat over a high flame. Cook ribs for 2-3 mins each side or until coloured and ridged with lines. Transfer to a baking tray, cover with foil and cook in oven for about 45 mins. Uncover and cook for a further 5 mins.
3 Meanwhile, finely shred the cabbage, onion and carrots and put into a bowl. Mix in the remaining coleslaw ingredients. Taste and season with salt. Serve ribs with the coleslaw and baked potatoes – plus lots of paper napkins for sticky fingers.

GoodFood Show Summer NEC Birmingham 15-19 June 2011

• Simon Rimmer is one of the BBC chefs taking a turn in The Summer Kitchen at the BBC Good Food Show Summer at Birmingham's NEC, which runs from 15-19 June. For more information, visit *bbcgoodfoodshowsummer.com*

Mushroom pâté with red onion chutney

SERVES 8 • PREP 30 mins plus chilling • COOK 10 mins
Easy V

This vegetarian pâté makes a great picnic mate. Or if you are having friends round, serve as a starter.

FOR THE PATE
175g butter
600g mixed mushrooms, such as shiitake, chestnut and button, wiped and thinly sliced
1 medium onion, finely chopped
3 garlic cloves, finely chopped
juice of 1 large lemon
pinch cayenne pepper
½ tsp grated nutmeg
150g ricotta
100g Gorgonzola (or other vegetarian creamy blue cheese)
FOR THE CHUTNEY
3 red onions, thinly sliced
1 red chilli, finely chopped
vegetable oil, for frying
100g caster sugar
100ml red wine vinegar
6 gherkins, chopped

1 Melt 50g butter in a frying pan and cook the mushrooms, onion and garlic for about 10 mins or until soft. Squeeze over the lemon juice. Using a slotted spoon, place half the mushroom mixture into a food processor and whizz on pulse setting until smooth. Strain off the liquid from the remaining mushrooms.
2 Combine both mushroom mixtures in a bowl and mix in the cayenne, nutmeg and ricotta. Crumble in the Gorgonzola and mix together. Season with a little salt and freshly ground black pepper. Divide mixture equally between 8 little Kilner jars or ramekins.
3 Melt the remaining butter and spoon a layer over the pâté to cover completely. Seal lid and chill.
4 For the chutney, fry the onions and chilli in 2-3 tbsp oil for 10 mins or until soft. Add the sugar and vinegar and bring to the boil. Bubble away for 10-15 mins or until onions are very soft and the liquid has reduced. Season with salt and freshly ground black pepper, then fold in the gherkins. Allow to cool.
5 Serve the pâté with chutney and chunks of rye or sourdough bread.

Petra says This really is quite a lovely pâté. Though the title doesn't sound that thrilling, the dish itself is very tasty. As a bit of an experiment I stirred some into a bowl of pappardelle, topped it with some toasted walnuts and it was fab.

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Great ideas TO TAKE YOU RIGHT THROUGH SUMMER

On sale 6th May

Rhodes Across the Caribbean

Savour the Caribbean with spicy dishes from **Gary Rhodes**. You can catch a rerun of this series on the Good Food channel starting on 1 June at 11pm (Sky 249, Sky HD 283, Virgin 260)

Jerk chicken ricepaper rolls with mango sauce

SERVES 4 • PREP 45 mins plus marinating • COOK 50 mins
Moderately easy

This dish shows off the fiery delights of traditional Jamaican cuisine.

FOR THE MANGO SAUCE
2 tbsp vegetable oil
1 ripe mango, peeled and diced
½ scotch bonnet chilli, deseeded and finely diced, or ½ tsp dried chilli flakes
FOR THE SWEET & SOUR ONIONS
2 large red onions, finely sliced
50g caster sugar
50ml white wine vinegar
FOR THE CHICKEN
4 x 125g skinless chicken breasts
1 heaped tbsp spicy jerk sauce
generous pinch black pepper, coarsely ground
3 tbsp white wine vinegar
1 tbsp sugar
8-10 ricepaper spring roll wrappers
1 handful mixed baby salad leaves
8 small mint leaves (optional)
2 carrots, shredded
2 spring onions, green part only, shredded
½ cucumber, shredded
1 tsp black sesame seeds

1 For the mango sauce, heat the oil in a pan and fry the diced mango with a pinch of salt for 8-10 mins, or until very soft. Tip the fruit into a liquidiser and blend until smooth. Push through a sieve and stir in the diced chilli.
2 For the onions: put the onions in a pan and add the sugar and vinegar. Simmer over a low heat for about 30 mins or until the onions have softened and the syrup has cooked down until thickened and sticky. Season and set aside.
3 Split the chicken breasts in half horizontally and, using a mallet or the base of a heavy pan, bat out each between 2 sheets of cling film until about ½cm thick. Coat the chicken with the jerk sauce and black pepper. Cover and leave to marinate in the fridge for an hour or two, or overnight if you have the time.
4 Preheat a heavy griddle pan. Cook the chicken over a high heat for about 3 mins on each side or until cooked through and tender. Cut the meat into thin shreds. Fill a bowl with about ½ litre warm water from the kettle, then stir in the vinegar, sugar and a good pinch of salt. Briefly dip each ricepaper wrapper into the warm water. As soon as it softens, lay it out on a clean damp tea towel, dabbing away any excess water with a paper towel.
5 In the centre of each wrapper put a few salad and mint leaves. Pile on a generous portion each of shredded carrots, spring onions and cucumber. Top with a heap of shredded chicken, then some of the red onions and a sprinkling of sesame seeds. Fold over the ends of each wrapper and roll around the filling in a cigar shape. Halve each roll for easy handling, and serve with the mango dipping sauce.

Tropical pineapple salad

SERVES 2 • PREP 15 mins plus chilling • NO COOK Easy

Rum and tropical fruit are a heavenly match in this Antiguan recipe.

1 small pineapple
4-6 tbsp honey
1 passion fruit
50ml dark rum

1 Halve the pineapple lengthways through the leafy top, cut away and discard the core, scoop out the pineapple flesh. Reserve the shell.
2 Roughly chop the flesh and toss with enough honey to sweeten. Halve the passion fruit, spoon out the pulp and combine with the pineapple. Stir in the rum and chill for 30 mins so the flavours can mingle. Spoon the fruit back into the shell and serve.

Spiced cocoa-rubbed fish

SERVES 4 • PREP 10 mins • COOK 10 mins Easy

Cocoa and lime transform a simple fish fillet in this recipe from Tobago.

4 x 165g tilapia, halibut or kingfish fillets or steaks
1-2 tbsp vegetable oil
1 tsp butter
juice of ½ lime
FOR THE SPICE RUB
40g light muscovado sugar
1 tsp cocoa powder, sieved
1 tsp cayenne pepper
1 tsp ground turmeric
½ tsp onion powder
½ tsp garlic granules
pinch ground cinnamon
good pinch freshly grated nutmeg
¼ tsp coarsely ground black pepper

1 Rinse the fish fillets or steaks, then pat dry with kitchen paper and set aside. Combine the sugar with the cocoa powder and stir in the cayenne, turmeric, onion powder, garlic granules, cinnamon and nutmeg. Season with sea salt and black pepper.
2 Coat the fish fillets with the spice mix, gently rubbing the spices into the fish. Dust off any excess. Heat the oil in a large frying pan set over a moderate heat and fry the fish for 2 mins. Flip the fillets over – by now the sugar should have caramelised and the fish taken on a dark sheen. Cook for 3 mins.
3 Add 3-4 tbsp water to the pan, bring to the boil, then cover with a lid. Gently simmer fish for 4-5 mins (longer if the fillets are thick) until cooked through and the flesh flakes easily. Add the butter to the pan, swirling gently until melted. Squeeze over the lime juice and serve.

Gary was no stranger to Caribbean food before making this *Good Food* series – he opened his own restaurant in The Calabash Hotel in Grenada back in 2004 – but what he wanted to find out was how to cook authentic Caribbean dishes. This series takes him on a journey around a number of islands, including Jamaica, Antigua, Tobago and St Lucia, culminating in a banquet back at his restaurant in Grenada.

Saturday Kitchen

Cyrus Todiwala and **Michel Roux Sr** are two of the guest chefs joining **James Martin** in May. Tune in on Saturday mornings at 10am on BBC One

CYRUS TODIWALA

Parsee-style lamb cutlet with tomato gravy & salad

SERVES 4 • PREP 1 hr 20 mins plus marinating • COOK about 1 hr 5 mins

For the confident cook

FOR THE LAMB

2 x 6-bone racks of lamb
1 tsp grated ginger
1 tsp crushed garlic
1 tsp ground cumin
1½ tsp ground coriander
½ tsp turmeric
½ tsp garam masala
2 tbsp sunflower oil
juice of ½ lime
100g plain flour
2 eggs, beaten
200g breadcrumbs
vegetable oil, for frying

FOR THE POTATOES

4-5 large Maris Piper potatoes, peeled & cut into cubes
1 tsp butter
1 tsp cumin seeds
2 garlic cloves, finely chopped
1 heaped tbsp chopped coriander leaves

FOR THE TOMATO GRAVY

500g tomatoes, roughly chopped
25g butter
1 tbsp sunflower oil
2-3 large red chillies, seeded and cut in half
3 large garlic cloves, chopped
1 cinnamon stick or piece of cassia bark
2 red onions, finely chopped
2 tbsp malt vinegar
2 tbsp sugar
1 tbsp tamarind paste

FOR THE SALAD

2 tbsp ready-made mango chutney
juice of ½ lime
1 tbsp vegetable oil
½ cucumber, diced
1 beef tomato, seeded and diced
1 medium green chilli, finely chopped
1 banana shallot, finely sliced
1 cos or iceberg lettuce, leaves shredded
1 tbsp chopped coriander leaves

1 Cut each rack of lamb in half, 3 bones per rack. Cut away the outer bones, leaving just 1 bone in the centre. Scrape away all the meat from the bone, then place each cutlet between large sheets of cling film and flatten with a meat mallet or rolling pin. Mix the ginger, garlic, cumin, coriander, turmeric, garam masala, sunflower oil, lime juice and a good pinch of salt in a shallow dish. Add the cutlets and rub all over. Cover and marinate for 3-4 hours, or overnight.

2 Heat a non-stick frying pan. Shake off excess marinade from the lamb, then fry over a medium heat for about 4-5 mins or until browned on both sides. (Take care not to have the pan too hot or the spices will burn.) Leave to cool.

3 Boil the potatoes in salted water for about 10 mins or until tender. Drain and place pan over low heat to dry off excess moisture. Mash or press through a ricer. Melt butter in a frying pan and add the cumin seeds and garlic. Cook for 1-2 mins. Stir into the mashed potatoes with the coriander leaves and season with salt. Leave until cold.

4 Cover each cutlet in a layer of spiced potato. Sprinkle the flour on a plate. Beat the eggs on another and the breadcrumbs on a third. Using one hand for dry and one hand for wet, coat the cutlets first in flour, then egg, then breadcrumbs. Set aside.

5 For the gravy, blend the tomatoes to a pulp. Heat a frying pan and add the butter and oil. When foaming, stir in the chillies, garlic and cinnamon (or cassia bark) and cook for 2-3 mins or until garlic is golden. Add the onions and cook for 4-5 mins. Stir in the tomatoes and bring mixture to the boil. Simmer for 5 mins or until mixture has thickened slightly. Add the vinegar, sugar and tamarind. When mixture is simmering, leave to cook, uncovered, for about 15 mins, stirring occasionally, until thickened to a rich sauce.

6 Remove the cinnamon and whizz the tomato mixture to a smooth purée. Season well, taste and adjust seasoning. You may need a little more sugar.

7 For the salad, mix the mango chutney, lime juice and oil with a good pinch of salt in a shallow dish. Add the remaining ingredients and mix gently together. Set aside.

8 Pour vegetable oil to a depth of 5cm in a shallow frying pan. Heat until a cube of bread rises and sizzles within 10 secs. Fry the cutlets for about 8-10 mins, turning halfway through cooking, until crisp and golden all over. Drain on kitchen paper. Pile salad onto serving plates and rest a cutlet on one side. Spoon over some gravy and serve the rest separately.

Petra says This looks like a marathon recipe just for chops and mash, but Cyrus really is the master of flavour and the end result is well worth it. I had to read the recipe thoroughly a couple of times before starting, but quickly realised it breaks down into easy stages. So if you don't want to make it all in one go, you could make the tomato gravy and spiced potatoes well in advance, then just reheat, coat and fry chops when you are ready.

JAMES MARTIN

Leek & smoked salmon tart

SERVES 6 • PREP 40 mins plus chilling • COOK 40 mins

Moderately easy

FOR THE TART

500g shortcrust pastry
50g butter
750g leeks, finely sliced
5 sprigs fresh thyme, leaves only
200ml double cream
1 egg
1 egg yolk
200g smoked salmon slices
75g Gruyère, grated

FOR THE SALAD

1 tbsp wholegrain mustard
1 tbsp white wine vinegar
3 tbsp extra virgin olive oil
2 heads Little Gem lettuce leaves
50g watercress leaves

1 Roll out the pastry and use to line a 20cm deep loose-bottomed tart tin. Cover and chill for 30 mins. Heat oven to 200C/180C fan/gas 6. Line pastry case with baking paper and beans and bake for 15 mins. Remove lining and bake for 5 mins or until base is crisp. Reduce heat to 180C/160C fan/gas 4.

2 Meanwhile, melt butter in a frying pan and fry the leeks for 5 mins. Add thyme and cook until all liquid has cooked away. Spoon into a shallow dish and leave to cool. Mix the cream, egg and egg yolk

together, then pour into the leeks. Season. Spoon into the pastry case, then lay the salmon slices on top to cover. Sprinkle over the Gruyère, then bake for 20 mins or until just set and golden.
3 Whisk the mustard and vinegar together with the oil. Gently mix the leaves in a bowl and spoon over the dressing. Cut tart into wedges and serve with a pile of salad.

• James Martin is hosting special *Saturday Kitchen* sessions in The Summer Kitchen at the BBC Good Food Show Summer at Birmingham's NEC, which runs from 15-19 June. For more information or to book tickets, visit *bbcgoodfoodshowsummer.com*

MICHEL ROUX SR

Apple & passion fruit tartlets

SERVES 6 • PREP 1 hr plus chilling • COOK 25 mins

For the confident cook

FOR THE PASTRY
250g plain flour
250g very cold butter, cut into small cubes
about 125ml iced water
FOR THE CREME PATISSIERE
3 egg yolks
60g caster sugar
20g plain flour
250ml full-fat milk
½ vanilla pod, split lengthways
1 tbsp icing sugar
FOR THE TARTLETS
3 medium Cox's apples, peeled and thinly sliced
60g caster sugar
TO SERVE
3 passion fruit

1 Put the flour in a mound on the work surface and make a well in the centre. Place the butter and a good pinch of salt in the well and work together with your fingertips to form crumbs. Gradually mix in the iced water and carefully bring together to form a dough. Take care not to overwork the pastry. Roll into a ball, wrap in cling film and chill for 30 mins.
2 Lightly flour work surface and roll out the pastry into a 40 x 20cm rectangle. Then fold into 3 and give a quarter turn. Repeat rolling and folding. Wrap in cling film and chill for 30 mins. Give the pastry another 2 turns of rolling and folding, then chill again for at least 30 mins.
3 Whisk the egg yolks and 20g of the sugar until pale. Whisk in the flour. Heat milk with remaining sugar and vanilla. As soon as it boils, quickly whisk it into the egg mixture. Return mixture to the pan and stir over a low heat until thickened slightly. Pour into a bowl and dust surface with icing sugar to prevent a skin forming. Leave until cold.
4 Roll out pastry on a lightly floured surface to 3mm thickness. Using a plain pastry cutter about 10cm wide, stamp out discs. Place on baking sheet and chill for 20 mins. Heat oven to 200C/180C fan/gas 6. Prick each pastry disc with a fork and spoon the crème patissiere in the centre of each. Arrange sliced apple on top, radiating from the centre. Place in oven and bake for 15 mins. Sprinkle with caster sugar and return to oven for 5 mins or until apples are softened and pastry golden. Leave to cool slightly.
5 Halve each passion fruit and scrape out the pulp and seeds over each tartlet before serving.

• Recipes from James Martin and Michel Roux Sr are from *Saturday Kitchen at Home* (£20, BBC Books)

Getting the best from GoodFood recipes

WE TEST THEM ALL SO THEY WORK FIRST TIME

Why you can cook our recipes with confidence

All the recipes in *Good Food* are tested thoroughly, so they'll work first time for you at home. Most of our recipes are developed in the *Good Food* Test Kitchen by our cookery team who, like you, cook at home for family and friends.

Additional recipes come from food writers and TV chefs. But no matter who writes the recipe, every one is tested rigorously. We know your time and money are precious – so we want to guarantee a perfect dish every time.

• For best results we recommend you use standard level measuring spoons, and don't mix imperial and metric measures. We use large eggs, unless otherwise stated.
• We aim to make our recipes as practical as possible, keeping ingredients lists to a minimum and avoiding lengthy preparations.
• We use easily available ingredients and include seasonal fruit and veg.
• Where possible, we use humanely reared meats, free-range chickens and eggs, sustainably sourced fish and unrefined sugar.
• To avoid waste, we use full packs, cans and jars where possible. But if that's not possible we aim to suggest ways of using up leftovers. For more know-how, including step-by-step videos, visit our website *bbcgoodfood.com*.

What our symbols mean

Easy Recipes everyone can make, even beginners. These dishes are usually quick, often on the table within 20 minutes.
Moderately easy These require a bit more skill – such as making pastry.
For the confident cook Recipes aimed at experienced cooks who cook for pleasure and like a challenge.
Suitable for vegetarians Always check the labels on shop-bought ingredients such as cheese, pesto and curry sauces to ensure that they are suitable.
Not suitable for freezing
Suitable for freezing Unless otherwise stated, freeze for up to three months. Defrost thoroughly and heat until piping hot.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or contains at least one portion of 5-a-day fruit and veg.
Low fat 12g or less per portion.
Good for you Low in saturated fat and salt.
Heart healthy Low in saturated fat, with 5g or less; low in salt, with 1.5g or less; and high in omega-3s.
Please note that recipes created for Advertisement features are checked, but not tested, in the Good Food *Test Kitchen.*

Healthy eating

Our recipes are sent to a qualified nutritionist to be analysed on a per serving basis for fat, sat fat, sugar and salt. Each recipe analysis includes listed ingredients only and excludes optional ingredients, such as salt and serving suggestions.

If you're on a low-fat diet, count the fat content in each recipe to help you stick to your daily limit.

Remember, simple changes can make a recipe healthier – for example, removing chicken skin after cooking, or reducing salt.

If you eat a high-salt dish, balance your intake for the day by cutting the level of salt in other dishes. Most salt you consume is in processed food. Ask your GP for further advice if you're concerned.

How much should I be eating?

Guideline Daily Amounts (GDA) advise you how much of a nutrient you should eat each day.
Kcalories (GDA) Women 2,000; men 2,500.
Fat (GDA) Women 70g (no more than 20g should be saturated fat); men 95g (no more than 30g should be sat fat).
Salt (GDA) Maximum 6g for adults and 11-14 year-olds; 5g for 7-10 year-olds (5g = 1 tsp).
Sugar (GDA) Women 90g; men 120g (we analyse recipes for total sugar – natural and added).
We regret that we are unable to answer medical/nutritional queries.

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Make of the month

Homemade sausage rolls

Whether you're planning a picnic or fancy making a batch for your dad, what could be better than these herby little savouries?

Pork & sage sausage rolls

MAKES 8 • PREP 15 mins • COOK 25 mins Easy

375g pack ready-rolled puff pastry
8 good-quality pork sausages
1 small bunch sage, leaves only
1 egg, lightly beaten

1 Heat oven to 220C/200C fan/gas 7. Cut the pastry sheet into 8 equal squares.
2 Skin the sausages, then lay the meat from one sausage in the middle of a pastry square. Put 2 sage leaves on top. Brush a little egg on one side then seal the pastry squares using your fingers to create a crimped edge. Repeat to make 7 more.
3 Transfer to a lightly greased baking tray, brush with more egg and bake for 25-30 mins until golden brown and cooked through.
4 Allow to cool for a few mins then run a palette knife underneath to loosen the sausage rolls. They can be eaten hot or cold. For a picnic, simply cool and pop into a container, layered with baking parchment. *Will keep for 2 days in the fridge.*

PER SERVING 340 kcals, protein 11g, carbs 17g, fat 26g, sat fat 9g, fibre 1g, sugar 1g, salt 1.22g

Just four ingredients

Treat for Father's Day 19 June

Photograph MAJA SMEND | Recipe and food styling ROSIE REYNOLDS

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Here comes summer and with so much fresh produce around, it suddenly seems a lot easier to cook and eat well.

This book is packed with feelgood recipes, whether you're searching for low-fat suppers, looking to eat less meat or more fish, or simply want to boost your energy levels.

And why not have your cake and eat it, too? Turn to p48 for a brilliant brownie recipe that's half the fat of the original, but just as delicious. Irresistible!

Sarah

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30+ healthy recipes

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Good for you Low in saturated fat and salt.

You can freeze it
You can't freeze it
Suitable for vegetarians

10 simple swaps

Eating well doesn't have to be hard work – just a few small changes can make a big difference

1 DRIZZLE FLAXSEED OIL INSTEAD OF OLIVE OIL
Pick up bottles in health food shops and use in dressings, or simply gulp a teaspoon every morning. It's packed with omega-3s, more than double what you get from the same amount of cod liver oil.

2 SPREAD YOUR TOAST WITH MARMITE, NOT JAM
It's low-fat, low in sugar and packed with B vitamins, folic acid and riboflavin. It's also brilliant for vegetarians as it's a great source of B12, which helps maintain red blood cells, but is mainly found in animal products.

3 TOP JACKETS WITH A CAN OF SALMON
More sustainable than tuna, salmon also contains much higher levels of omega-3. Also, see Food to stop you flagging, p6.

4 GO SKINLESS WITH CHICKEN
In chicken stews, swap one thigh for a skinless thigh and save 16g fat!

5 DIP INTO YOGURT
Dips can be high in fat, so swap to yogurt-based versions, instead of those made with soured cream or mayonnaise. Find recipes at *bbcgoodfood.com* if you want to make your own.

6 DITCH ICE CREAM FOR LOW FAT FROZEN YOGURT
A scoop makes a great sweet treat after dinner instead of full-fat, cream-based ice cream. Try Ben & Jerry's from Waitrose – there are low-fat yogurt versions of some of its most popular ice cream flavours.

7 TRY BROWN RICE INSTEAD OF WHITE
One cup of brown rice contains about 3.5g of fibre, while a cup of white contains less than 1g. It takes a little longer to cook, but is well worth it.

8 GIVE YOUR MORNING MUFFIN A MAKEOVER

Ready-made muffins and cakes can be full of refined sugars or artificial sweeteners and very high in fat. Homemade are much better for you, and these fruity ones will keep in an airtight container for up to 3 days, or can be frozen for up to a month.

Banana & blueberry muffins

MAKES 12

Heat oven to 180C/160C fan/gas 4 and line a muffin tin with 12 muffin cases. Tip **300g self-raising flour**, **1 tsp bicarb of soda**, **85g light muscovado sugar** and **50g porridge oats** into a bowl. In another bowl, mash **2 very ripe bananas**. Stir in **284ml buttermilk**, **5 tbsp light olive or rapeseed oil** and **2 egg whites**. Stir banana mixture into the dry ingredients with a wooden spoon. It will look lumpy, but don't over-mix.

Tip in **150g punnet blueberries** and give one more stir. Divide between cases, sprinkle with **1 tbsp oats** and **1 tbsp sugar**. Bake for 18-20 mins until risen and golden. Cool for 5 mins then lift out to cool on a rack.

PER SERVING 202 kcals, protein 5g, carbs 36g, fat 5g, sat fat 1g, fibre 2g, sugar 14g, salt 0.59g

9 GO CAFFEINE-FREE

If you're trying to cut down on your caffeine intake, but fruit and mint teas aren't your thing, try Rooibos or Redbush. Naturally caffeine-free, add a splash of milk for a more satisfying cuppa.

10 GRAB A HANDFUL OF POPCORN

Buy corn kernels and pop your own, then you can control the seasoning levels you add – or just eat it plain. Much better for you than a bag of crisps if you get peckish between meals.

Food to stop you flagging

The 3pm slump often has us reaching for the chocolate. But eat the right food at the right time and you'll feel full for longer

Lemon chicken with spring veg noodles

SERVES 2 • PREP 5 mins • COOK 15 mins

Easy Superhealthy Good source of iron and vit C, Low fat

1 tbsp sunflower oil
2 skinless chicken breasts, cut into strips
zest and juice 1 lemon
1 tbsp caster sugar
2 tsp grated ginger
2 tsp cornflour
125g pack or 2 sheets medium dried egg noodles
200g/7oz frozen pea and bean mix
4 spring onions, sliced
1 tbsp roasted cashews

1 Heat the oil in a non-stick pan, then fry the chicken for 5 mins until almost cooked. Tip onto a plate. Pour 250ml water into the pan with the lemon zest and juice, sugar and ginger. In a bowl, mix the cornflour with a little water until smooth, then whisk into the pan. Bring to the boil, stirring, then add the chicken to the sauce. Reduce the heat. Bubble for a few mins until the chicken is cooked and the sauce thickened.

2 Meanwhile, cook the noodles and veg together in boiling water for 4 mins, then drain. Toss together the chicken, noodles, veg and spring onions. Serve scattered with cashews.

PER SERVING 553 kcals, protein 47g, carbs 69g, fat 12g, sat fat 2g, fibre 6g, sugar 12g, salt 1.1g

It's best to make your own stir-fry sauce as most ready-made ones contain a large amount of sweeteners that will raise your blood sugar, then leave you feeling fatigued half an hour later

Best-ever chunky guacamole

SERVES 8 • PREP 10 mins • NO COOK
Easy V X **Superhealthy** Counts as 1 of 5-a-day

Mono-unsaturated fats in avocado boost the effectiveness of blood-sugar-balancing insulin.

1 large ripe tomato
3 avocados, very ripe but not bruised
juice 1 large lime
handful coriander, leaves and stalks chopped, plus a few leaves roughly chopped, to serve
1 small red onion, finely chopped
1 chilli, red or green, deseeded and finely chopped

1 Use a large knife to finely chop the tomato to a pulp, then tip into a bowl. Halve and stone the avocados (saving a stone) and use a spoon to scoop out the flesh into the bowl with the tomato.
2 Tip the other ingredients into the bowl, then season. Use a whisk to roughly mash everything together. If not serving straight away, sit a stone in the guacamole (this stops it going brown), cover with cling film and chill until needed. Scatter with the coriander, then serve with tortilla chips.
PER SERVING 103 kcals, protein 1g, carbs 2g, fat 10g, sat fat 1g, fibre 2g, sugar 0g, salt 0.01g

Salmon, avocado & cucumber salad

SERVES 4 • PREP 10 mins • COOK 6-8 mins
Easy X **Superhealthy** Counts as 3 of 5-a-day, good source omega-3 and vit C

4 skinless salmon fillets, about 100g each
3 avocados
1 cucumber
400g bag mixed salad leaves
FOR THE DRESSING
4 tbsp chopped mint
juice 2 limes, plus zest 1
2 tsp clear honey
3 tbsp olive oil, plus extra for the salmon

1 Season salmon, then rub with oil. Mix the dressing ingredients together. Halve, stone, peel and slice the avocados. Halve and quarter the cucumber lengthways, then cut into slices. Divide salad, avocado and cucumber between 4 plates, then drizzle with half the dressing.
2 Heat a non-stick pan. Add the salmon and fry for 3-4 mins on each side until crisp, but still moist inside. Put a salmon fillet on top of each salad and drizzle over the remaining dressing. Serve warm.
PER SERVING 458 kcals, protein 23g, carbs 7g, fat 38g, sat fat 6g, fibre 4g, sugar 5g, salt 0.14g

This low-carb, high protein lunch will boost your energy levels for longer

Lemon & coriander houmous

SERVES 6 • PREP 5 mins • NO COOK

Easy V X

The fibre and protein in half a cup of houmous will give you the same energy boost as a bread roll.

2 x 400g cans chickpeas in water, drained
2 garlic cloves, crushed
3 tbsp Greek yogurt
3 tbsp tahini paste
3 tbsp extra virgin olive oil
zest and juice 2 lemons
20g pack coriander

1 Put everything but the coriander into a food processor, then whizz to a fairly smooth mix. Scrape down the sides of the processor if you need to.
2 Season the houmous generously, then add the coriander and pulse until roughly chopped. Spoon into a serving bowl, drizzle with olive oil, then serve.

PER SERVING 179 kcals, protein 7g, carbs 13g, fat 11g, sat fat 2g, fibre 6g, sugar 1g, salt 0.12g

Salmon rarebit

SERVES 1 Easily doubled • PREP 5 mins • COOK 7 mins Easy X

slice granary bread (or a bread of your choice – we used German-style pumpernickel)
½ x 213g can MSC-approved wild red salmon, drained and flaked
1-2 spring onions, thinly sliced
2 tbsp cottage cheese
1 tsp grated horseradish (optional)
1 tbsp red Leicester, grated
40g/1½oz watercress and spinach salad, to serve

1 Heat grill to high. Toast the bread lightly on both sides.
2 Mix the salmon and spring onions together and season with pepper only. Spread onto the bread. Mix together the cottage cheese, horseradish (if using) and cheese. Spoon on top of the salmon.
3 Grill on a high shelf for 1 min, then lower the shelf and continue to grill for a further 3-4 mins, or until the topping starts to brown. Serve straight away with a watercress and spinach salad.

PER SERVING 368 kcals, protein 35g, carbs 19g, fat 15g, sat fat 6g, fibre 2g, sugar 4g, salt 1.1g

This dish provides around 20 per cent of the recommended daily amount of iron, which makes it a great choice for promoting energy levels. Canned salmon is not much more expensive than tuna, but contains brain-boosting omega-3 fats

Peach & banana smoothie

MAKES 1 litre (serves 4) • PREP 5 mins • NO COOK Easy **Superhealthy** Good source of vit C, counts as 2 of 5-a-day, Low fat

Fruit-based snacks are great for an immediate energy boost, but as they raise your blood sugar very quickly a crash will follow. Peaches, blueberries and plums rank low on the glycaemic index though, so they won't trigger blood sugar spikes.

2 peaches, halved and stone removed
1 banana
500ml/18fl oz peach juice
4 ice cubes

Peel the peaches, if you want, then cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.

PER SERVING 107 kcals, protein 1g, carbs 26g, fat 1g, sat fat none, fibre 2g, sugar 26g, salt 0.04g

Ginger & lime chicken with sweet potato mash

SERVES 2 • PREP 15 mins plus 10 mins marinating • COOK 20 mins Easy **Superhealthy** Counts as 1 of 5-a-day, Low fat

zest and juice 1 lime
1 tbsp maple syrup or clear honey
thumb-size piece ginger, cut into matchsticks, plus 1 tsp grated
2 skinless chicken breasts
450g/1lb sweet potatoes, chopped
1 tbsp olive oil
sugar snap peas, to serve

1 Mix half the lime zest and all the juice with the syrup or honey and grated ginger. Slash each chicken breast 3-4 times, then coat with the marinade. Set aside for 10 mins. Heat grill and line grill tray with foil.
2 Cook potatoes in salted boiling water for 10-12 mins, until tender. Drain and mash, adding rest of the lime zest and seasoning. Grill chicken breasts for 10-15 mins, until cooked through and slightly caramelised.
3 Heat oil in a small frying pan. When it's really hot, add ginger matchsticks and fry for 1 min until crisp. Lift out with a slotted spoon, then stir the mash into the ginger-infused oil. Divide mash between 2 plates, top with a chicken breast, scatter with crisp ginger and serve with sugar snap peas.

PER SERVING 418 kcals, protein 37g, carbs 54g, fat 8g, sat fat 2g, fibre 5g, sugar 18g, salt 0.45g

Sweet potatoes have a lower glycaemic index rating than normal potatoes, so carbs break down more slowly and release glucose more gradually into the blood stream. The result? You'll feel energised for longer

Mild chilli & bean pasta bake

SERVES 4 Easily doubled • PREP 10 mins COOK 45 mins Easy Superhealthy High in fibre, good source of iron

The combination of minced beef and red kidney beans makes this dish an excellent source of iron, B vitamins and fibre – all important for maintaining energy levels.

oil, for frying
1 large onion, chopped
2 celery sticks, thinly sliced
350g/12oz extra-lean minced beef
2 tsp mild chilli powder
410g can chopped tomatoes
1 tbsp tomato purée
400g can kidney beans in water, drained and rinsed
300ml/½pt beef or chicken stock
300g/11oz wholewheat penne
FOR THE TOPPING
½ x 500g tub 0%-fat Greek yogurt
2 eggs, beaten
50g/2oz red Leicester, grated
1 small garlic clove, crushed

1 Heat a splash of oil in a frying pan, add the onion and celery, season, then cook until soft. Remove vegetables and set aside. Brown the mince in the pan, a handful at a time. Only add a splash of oil if the mixture begins to stick too much. Once brown, tip into a sieve to remove any excess fat.

2 Return mince and cooked veg to the frying pan, add the chilli powder, tomatoes, tomato purée, beans and stock, bring to the boil and simmer for 15 mins.

3 Heat oven to 200C/180C fan/gas 6. Cook the pasta according to pack instructions. Drain, stir into the mince and spoon into a large lasagne dish. Mix the yogurt, eggs, cheese and garlic together and season lightly. Spoon over the top of the pasta and bake for 20-25 mins or until lightly browned.

PER SERVING 675 kcals, protein 51g, carbs 73g, fat 24g, sat fat 8g, fibre 13g, sugar 9g, salt 1.3g

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FranceAgriMer

BURGUNDY WINES

CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION, PORTUGAL, FRANCE AND ITALY

Less meat, more veg

As well as being healthier, reducing the amount of meat in recipes can cut down your shopping bill

Indian mince with fresh tomato salad

SERVES 4 • PREP 2 mins • COOK 18 mins

Easy **Superhealthy** Good source of iron, counts as 2 of 5-a-day

1 red onion, sliced
300g/11oz beef mince
2 tbsp medium or mild curry powder
100g/4oz dried red lentils
700ml/1¼pt hot beef stock
3 tomatoes
handful coriander leaves
4 mini naans

1 In a non-stick frying pan, dry-fry the onion and mince over a high heat for 2 mins, breaking up the mince as you go. Stir in the curry powder and lentils, pour in stock, then simmer fiercely for 10 mins.

2 While the mince is cooking, dice the tomatoes and chop the coriander roughly, then mix together in a small bowl. Put the naans briefly in a toaster to warm through, then pop one on each plate. Spoon a quarter of the mince over each naan, then top with a spoonful of the fresh tomato and coriander salad.

PER SERVING 444 kcals, protein 30g, carbs 45g, fat 17g, sat fat 7g, fibre 5g, sugar 6g, salt 1.49g

Swap half the mince in any dish for lentils instead – you'll never miss the meat!

Butternut & chorizo spaghetti

SERVES 4 • PREP 20 mins • COOK 15 mins
Easy Superhealthy Good source of vit C, counts as 2 of 5-a-day, Low fat

½ x large butternut squash, peeled, deseeded and cut into small cubes
100g/4oz piece chorizo, chopped
1 tbsp olive oil
400g/14oz cherry tomatoes
large handful sage leaves, shredded
400g/14oz spaghetti
grated Parmesan, to serve

1 Heat oven to 220C/200C fan/gas 7. Tip squash and chorizo into a roasting tray, season, then toss in the oil. Roast for 20 mins, adding the tomatoes and two-thirds of the sage for the final 5 mins.
2 Cook the spaghetti. Drain, then toss with roasted ingredients and juices from the tray. Serve sprinkled with remaining sage and grated Parmesan, if using.

PER SERVING 501 kcals, protein 19g, carbs 87g, fat 11g, sat fat 3g, fibre 6g, sugar 12g, salt 0.41g

Goulash in a dash

SERVES 4 • PREP 15 mins • COOK 30 mins Easy Low fat

1 tbsp vegetable oil
300g/11oz stir-fry beef strips or minute steak cut into strips
100g/4oz chestnut mushrooms, quartered
2 tsp paprika
500g/1lb 2oz potatoes, peeled and cut into smallish chunks
600ml/1pt hot beef stock
500g jar tomato-based cooking sauce
handful parsley leaves, roughly chopped
natural yogurt, to serve

1 Heat half the oil in a non-stick pan and fry beef for 2 mins, stirring once halfway. Tip meat onto a plate. Heat remaining oil in the same pan and fry mushrooms for 2-3 mins until they start to colour.
2 Sprinkle the paprika over the mushrooms, fry briefly, then tip in potatoes, stock and tomato sauce. Stir, cover and simmer for 20 mins, until potatoes are tender. Return beef to the pan with any juices and warm through. Stir in the parsley and a swirl of yogurt, then serve.

PER SERVING 299 kcals, protein 23g, carbs 33g, fat 9g, sat fat 2g, fi bre 3g, added sugar 5g, salt 1.59g

MAKE IT VEGGIE

Instead of beef, use **400g can of chickpeas, drained and rinsed**, and increase the mushrooms to 200g/8oz.

Adding extra veg means you can cut down on the quantity of red meat per person

3 Tip pasta, mushrooms and sauce into a large ovenproof dish. Mix well. Scatter over remaining cheese and spring onions, then bake for 10 mins until golden.

PER SERVING 574 kcals, protein 28g, carbs 89g, fat 14g, sat fat 8g, fibre 4g, sugar 8g, salt 1.22g

Creamy ham & mushroom pasta bake

SERVES 5 • PREP 10 mins • COOK 20 mins Easy

500g bag farfalle
50g/2oz butter, plus a knob
200g/7oz small mushrooms, halved
bunch spring onions, finely sliced
50g/2oz plain flour
500ml/18fl oz skimmed milk
100g/4oz thickly-cut lean ham, chopped
100g/4oz half-fat cheddar, grated

1 Cook pasta following pack instructions, then drain. Heat oven to 200C/180C fan/gas 6. Melt knob of butter in a large saucepan, fry mushrooms for 2 mins, scoop out and set aside. Wipe out pan.
2 Melt 50g butter in pan, add most of the onions and soften for 1 min. Stir in flour for 1 min, then gradually stir in milk to make a lump-free sauce. Bubble for a few mins, stirring to thicken. Stir in ham and most of the cheese off heat, then season to taste.

Quick chilli with creamy chive crushed potatoes

SERVES 4 • PREP 5 mins • COOK 15 mins
Easy Chilli only **Superhealthy** Counts as 4 of 5-a-day

6 reduced-fat pork sausages
2 tsp vegetable oil
1kg/2lb 4oz new potatoes, skins on, sliced
2 red peppers, deseeded and sliced
2 garlic cloves, crushed
1 tsp each ground coriander, chilli powder and ground cumin
400g can kidney beans, rinsed and drained
2 x 400g cans chopped tomatoes with herbs
2 tsp caster sugar
5 tbsp 0%-fat Greek yogurt
20g pack chives, snipped

1 Squeeze 3 balls of meat from each sausage, then fry in the oil until golden. Boil potatoes for 10 mins, until tender. Add peppers to sausages and fry 4 mins. Tip in garlic and spices, fry for 1 min, then add beans, tomatoes and sugar. Simmer for 5 mins until saucy and meatballs are cooked.
2 Drain potatoes, then crush with a masher. Fold through yogurt and chives, loosen with a splash of water, then serve with chilli.

PER SERVING 547 kcals, protein 31g, carbs 80g, fat 14g, sat fat 4g, fibre 11g, sugar 19g, salt 1.84g

A hearty meal the entire family will enjoy

Watercress & chicken stir-fry

SERVES 4 • PREP 15 mins • COOK 10 mins

Easy Superhealthy Good source of vit C, counts as 1 of 5-a-day

1 tbsp sunflower oil
2 skinless chicken breasts, cut into strips
2 tbsp cashew nuts
1 yellow or red pepper, deseeded and chopped into large chunks
1 red onion, chopped into large chunks
2 x 75g bags watercress
FOR THE SAUCE
3 tbsp hoisin sauce
2 tbsp reduced-salt soy sauce
large knob of ginger, finely grated
2 garlic cloves, crushed
1 tbsp sesame oil
2 tbsp rice wine or white wine vinegar
boiled rice, to serve

To make the sauce, mix all the ingredients together in a small bowl until completely blended. Heat the oil in a frying pan until very hot. Throw in the chicken, cashew nuts, pepper and onion, then stir-fry for about 4-5 mins until the chicken is cooked and the nuts are toasted. Pour over the sauce and simmer with a splash of water. Remove pan from the heat, stir through the watercress and serve with rice.

PER SERVING 201 kcals, protein 20g, carbs 11g, fat 9g, sat fat 1g, fibre 2g, sugar 8g, salt 1.39g

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FranceAgriMer

CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION, PORTUGAL, FRANCE AND ITALY

Parma Ham and walnut roulade

SERVES 4 • PREP 15 mins • COOK 30 mins **Easy**

Serve this dish with a red Douro Valley wine.

10 slices Parma Ham
150g/5½oz cream cheese or low fat soft cheese
1 tsp chopped chives
1 tsp chopped flat-leaf parsley
1 small garlic clove, crushed
50g/2oz roughly chopped walnuts

1 Lay two slices of Parma Ham on a work surface, placing one directly on top of the other. Next, place two more slices on top of the first, overlapping them halfway down these slices. Continue with the remaining slices to form a square of Parma Ham.
2 Mix the cheese with the herbs, crushed garlic and walnuts. Season with black pepper, then spread carefully and evenly using a palette knife, over the Parma Ham.
3 Roll up the Parma Ham, then wrap in cling-film or foil for at least 30 mins.
4 Use a sharp knife to cut the Parma Ham roll into slices, then serve with salad or fresh fruit such as melon, grapes or figs.

Low-fat, but so satisfying

Hearty, full-of-flavour recipes that all leave you feeling full – not fat

Speedy pasta Bolognese

SERVES 4 easily halved • PREP 5 mins • COOK 20 mins Easy ❄ Sauce only
Superhealthy Good source of iron and vit C, counts as 1 of 5-a-day, Low fat

500g pack lean beef mince (we used 5% fat)
handful mushrooms, sliced
2 garlic cloves, crushed
3 tbsp sundried tomato purée
400g can chopped tomatoes
glass red wine or 150ml/¼pt beef stock
1 tsp mixed dried herbs
400g/14oz penne
handful basil leaves, torn, to serve

1 Brown the beef in a large frying pan for 5 mins, then throw in the mushrooms and soften for 3 mins. Stir in the garlic and sundried tomato purée and cook for 2 mins. Add the tomatoes, wine or stock, dried herbs and seasoning. Bring to the boil, then simmer for 10 mins.
2 While the sauce is simmering, cook the pasta according to pack instructions. Drain, then serve with the sauce and torn basil leaves scattered on top.

PER SERVING 574 kcals, protein 41g, carbs 81g, fat 11g, sat fat 3g, fibre 4g, sugar 6g, salt 0.56g

Just 11g of fat per serving

into the baking dish and stir together.

3 Beat eggs and milk together in a jug and add the thyme. Mix the two cheeses together, add most of it to the egg mixture and season. Pour into the baking dish, stir gently, then scatter the rest of the cheese on top. Bake for 35-40 mins, until set and golden. Cool for a few mins, then serve with a salad.

PER SERVING 277 kcals, protein 16g carbs 28g, fat 12g, sat fat 6g, fibre 3g, sugar 2g, salt 0.7g

Easy oven frittata

SERVES 4 • PREP 20 mins • COOK 40 mins Easy V Low fat

½ tsp olive oil
85g/3oz fusilli or macaroni
1 leek or 1 bunch spring onions, chopped
85g/3oz frozen or canned sweetcorn
85g/3oz frozen peas
1 red pepper, deseeded and chopped
2 large eggs
150ml/¼pt semi-skimmed milk
1 tbsp thyme leaves (lemon thyme, if you can find it)
50g/2oz extra-mature cheddar, grated
2 tbsp finely grated Parmesan
green salad, to serve

1 Heat oven to 190C/170C fan/gas 5. Grease a 1.2 litre baking dish with olive oil.

2 Cook pasta in salted boiling water in a large pan for 8 mins. Add all the veg and cook for another 2-3 mins until the pasta is tender and the vegetables slightly softened. Drain, then tip

Vegetable soup with cheesy toasts

SERVES 4 • PREP 15 mins • COOK 20 mins
Easy V Soup only **Superhealthy**

1 leek, chopped quite small
2 carrots, chopped quite small
1 potato, chopped quite small
1 garlic clove, finely chopped
1 tbsp rosemary, finely chopped
425ml/¾pt vegetable stock
½ tsp sugar
2 x 400g cans chopped Italian tomatoes
410g can chickpeas, drained and rinsed
3 tbsp parsley, chopped
FOR THE TOASTS
8 slices baguette, cut on the diagonal
1 garlic clove, cut in half
50g/2oz Edam, finely grated

1 Put the vegetables into a large saucepan with the garlic, rosemary, stock and sugar. Season well, stir, bring to a simmer and cover. Cook gently for 15 mins, or until the vegetables are just tender.

Just 7g of fat per serving

2 Heat grill to high. Whizz the tomatoes in a food processor or blender until smooth, then tip into the vegetables with the chickpeas and parsley. Gently heat through, stirring now and then.

3 For the toasts, rub both sides of the bread with the garlic. Grill on one side until golden, turn the bread over, cover with Edam and grill until it's bubbling. Serve at once with the piping hot soup.

PER SERVING 343 kcals, protein 17g, carbs 56g, fat 7g, sat fat 2g, fibre 8g, sugar 1g, salt 2.2g

You'll find more low-fat soups on our website, bbcgoodfood.com

Summer chicken

SERVES 4 • PREP 10 mins •
COOK 25 mins Easy Low fat

1 tbsp olive oil
4 skinless chicken breasts
200g pack cherry tomatoes, halved
3 tbsp pesto
3 tbsp crème fraîche (half fat is fine)
basil leaves (optional)

1 Heat oil in a non-stick frying pan. Add chicken and fry without moving it until it changes colour. Then turn it and cook on the other side. Continue cooking for 12-15 mins until cooked through. Season.
2 Throw the tomatoes into the pan, stirring them for a couple of mins until they start to soften. Reduce the heat and add the pesto and crème fraîche, stirring until it makes a sauce. Scatter with a few basil leaves, if using, then serve with rice and salad or mash and broccoli.

PER SERVING 262 kcals, protein 37g, carbs 2g, fat 12g, sat fat 5g, fibre 1g, sugar none, salt 0.37g

Crispy fish & chips with mushy peas

SERVES 2 • PREP 10 mins •
COOK 40 mins Easy **Superhealthy**
High in fibre, good source of folic acid and vit C, Low fat

Coat strips of chicken with these crispy breadcrumbs to make healthy chicken nuggets that everyone will love.

400g/14oz baking potatoes
2 tsp olive oil
2 slices white bread
2 white fish fillets
1 tbsp plain flour, seasoned
1 egg, beaten
140g/5oz frozen peas with mint
2 tbsp half-fat crème fraîche

1 Heat oven to 200C/180C fan/gas 6. Peel and chop the potatoes into thick chips, then toss with the olive oil and some salt. Arrange on a large non-stick baking tray and roast for 20 mins, turning halfway.
2 Lightly toast the bread, then pulse briefly in a food processor to make coarse breadcrumbs. Dust the fish in flour, shaking off the excess, then dip into the egg, then breadcrumbs to coat thoroughly. Roast the fish with the chips for a further 20 mins, until both are golden.
3 Just before the fish and chips are ready, boil the peas for 3-4 mins, then drain and mash. Stir in the crème fraiche and season.

PER SERVING 484 kcals, protein 42g, carbs 58g, fat 11g, sat fat 3g, fibre 6g, sugar 4g, salt 1.09g

Just 11g of fat per serving

Carrot & coriander soup

SERVES 4 • PREP 15 mins •
COOK 25 mins Easy Superhealthy
Counts as 1 of 5-a-day, good source of beta-carotene, Low fat

1 tbsp vegetable oil
1 onion, chopped
1 tsp ground coriander
1 potato, chopped
450g/1lb carrots, chopped
1.2 litres/2 pints vegetable or chicken stock
handful coriander (about ½ a supermarket pack)

1 Heat the oil in a large pan, then add the onion and fry for 5 mins until softened. Stir in the ground coriander and potato and cook for 1 min. Add the carrots and stock, bring to the boil, then reduce the heat. Cover and cook for 20 mins, until the carrots are tender.
2 Tip into food processor with the coriander, then blitz until smooth (you may need to do this in two batches). Return to the pan, taste, add salt if necessary, then reheat to serve.
PER SERVING 115 kcals, protein 3g, carbs 19g, fat 4g, sat fat 1g, fibre 5g, sugar 12g, salt 0.46g

Apple pie samosas

SERVES 4 • PREP 20 mins •
COOK 20-25 mins Easy
Counts as 1 of 5-a-day, Low fat

2 cooking apples, peeled, cored and chopped
50g/2oz caster sugar
1 tsp ground mixed spice
50g/2oz sultanas
4 sheets filo pastry
25g/1oz low-fat spread (we used Flora Light), melted
low-fat yogurt, to serve

1 Heat oven to 200C/180C fan/gas 6. Place apples, sugar, mixed spice and sultanas in a saucepan with 2 tbsp water and cook, covered, for 6 mins, or until the apples are soft, stirring once or twice. Tip into a shallow dish and spread out to cool slightly.
2 Cut the sheets of filo into thirds lengthways, then brush lightly with the melted spread. Place a spoonful of the apple filling at the top of each strip, then fold over and over to form triangular parcels. Place on a baking sheet and bake for 15-20 mins until crisp and golden. Serve with low-fat yogurt, if you like.
PER SERVING 196 kcals, protein 2g, carbs 42g, fat 3g, sat fat 1g, fibre 2g, sugar 31g, salt 0.58g

Just 3g of fat per serving

American-style pineapple & banana pancakes

SERVES 4 • PREP 20 mins • COOK 20 mins Easy Low fat

100g/4oz self-raising flour
1 tsp baking powder
1 tsp cinnamon
3 tbsp light muscovado sugar
1 large egg
100ml/3½fl oz milk
100g/4oz fresh or drained canned pineapple, roughly chopped
1 banana, sliced
sunflower oil, for frying
Greek yogurt and maple syrup, to serve

1 Tip flour, baking powder, cinnamon and sugar into a bowl and mix well.
2 Make a well in the centre, crack in the egg, then gradually mix into the flour, adding milk gradually to make a soft batter. Stir in pineapple and banana.
3 Heat a little oil in a non-stick frying pan, add the batter in heaped tablespoons, well apart to allow them to spread. When bubbles appear on the surface, flip the pancakes over and cook until light golden.
4 Cook all the pancakes and keep warm. Serve 2-3 pancakes each with a spoonful of yogurt and a little maple syrup.

PER SERVING 230 kcals, protein 6g, carbs 42g, fat 6g, sat fat 1g, fibre 1g, sugar 11g, salt 0.07g

Sticky stem ginger cake with lemon icing

CUTS INTO 12 slices • PREP 30 mins • COOK 1 hr-1 hr 10 mins Easy Un-iced Low fat

225g/8oz self-raising flour
1 tsp bicarbonate of soda
1 tbsp ground ginger
1 tsp ground cinnamon
1 tsp ground mixed spice
115g/4½oz butter, cut into cubes, plus extra for greasing
115g/4½oz each dark muscovado sugar, black treacle and golden syrup
250ml/9fl oz whole milk
85g/3oz drained stem ginger, grated
1 large egg
FOR THE LEMON ICING
50g/2oz icing sugar, sifted
1 tsp lemon zest, finely grated
1 tbsp lemon juice

1 Heat oven to 180C/160C fan/gas 4. Butter and line an 18cm round, deep cake tin with greaseproof or parchment paper.
2 Sift flour, bicarb and spices into a mixing bowl. Add butter and rub into flour with fingertips until it resembles breadcrumbs.

Just 10g of fat per serving

3 Put sugar, treacle, syrup and milk into a saucepan and heat gently, stirring until the sugar has dissolved. Turn up heat and bring the mixture to just below boiling point.

4 Add ginger to flour mixture, then pour in treacle mix, stirring as you go. Break in egg and beat until combined and the mixture resembles thick pancake batter. Pour into prepared tin and bake for 50 mins to 1 hr, until a skewer pushed into the centre of the cake comes out fairly clean. Leave to cool in tin before turning the cake out.

5 To make icing, mix icing sugar and zest, then gradually add lemon juice until you have a smooth, slightly runny icing, adding more juice if needed. Drizzle over cake.

PER SLICE 285 kcals, protein 3g, carbs 50g, fat 10g, sat fat 6g, fibre 1g, sugar 31g, salt 0.81g.

Just 6g of fat per serving

Strawberry cheesecakes

SERVES 4 • PREP 10 mins • NO COOK

Easy Good for you, Low fat

85g/3oz low-fat biscuits
200g tub extra-light soft cheese
200g tub 0%-fat Greek yogurt
4 tbsp caster sugar
few drops vanilla extract
2 tbsp good-quality strawberry jam
100g/4oz strawberries, hulled and sliced

1 Put the biscuits in a plastic bag and bash with a rolling pin until you have chunky crumbs. Divide between 4 glasses or small bowls.
2 Beat the soft cheese, yogurt, sugar and vanilla together until smooth, then spoon over the crumbs and chill until you are ready to serve.
3 Stir the jam in a bowl until loose, then gently stir in the strawberries. Divide the strawberries between the cheesecakes and serve.

PER SERVING 263 kcals, protein 12g, carbs 43g, fat 6g, sat fat 3g, fibre 1g, sugar 31, salt 0.93g

Fill up on fish

Versatile and quick to cook, fish is a great source of lean protein

Salmon, fennel & orange salad

SERVES 4 • PREP 10 mins • COOK 5 mins

Easy **Superhealthy** Good source of omega-3, counts as 3 of 5-a-day

4 small salmon fillets, or 2 large
100g bag watercress
410g can chickpeas, rinsed and drained
1 fennel bulb, thinly sliced
½ red onion, thinly sliced
2 oranges
100ml/3½fl oz natural yogurt
2 tbsp chopped dill

1 Put the salmon in a microwave-proof dish, cover with cling film and cook on high for 3½-4 mins, until it's just cooked. Peel the skin away and flake into large chunks.

2 Toss together the watercress, chickpeas, fennel and onion, then arrange on a large platter. Zest one of the oranges, cut away the skin and pith from both fruit, then segment them both and add to the salad. Squeeze the juice from the middle of the oranges into a bowl and mix 2 tbsp of it with the yogurt, dill, zest and seasoning.

3 Scatter the salmon over the salad, then serve drizzled with the creamy orange dressing.

PER SERVING 369 kcals, protein 34g, carbs 24g, fat 16g, sat fat 3g, fibre 6g, sugar 14g, salt 0.59g

HEALTHY BENEFITS

Fish is an important component of a balanced diet, providing quality protein as well as heart-healthy omega-3 fats.

Although white fish is lower in beneficial fats than oilier fish, it's still an excellent source of vitamins and minerals, including the B vitamins and selenium.

Ready in 15 minutes

Tuna sweetcorn burgers

SERVES 4 • PREP 5 mins • COOK 10 mins
Easy Good for you, Low fat

85g/3oz white bread, torn into pieces
198g can sweetcorn, drained
2 x 185g cans tuna in water, drained
25g/1oz grated cheddar
3 spring onions, finely chopped
1 egg, beaten
2 tbsp vegetable oil
wholemeal buns, lettuce and salsa, to serve

1 Whizz the bread in a food processor to crumbs, tip into a bowl, then whizz half the sweetcorn until finely chopped. Add the chopped corn, remaining whole corn, tuna, cheddar, spring onions and seasoning into the bowl with the bread and mix well. Add the egg, bit by bit (you may not need it all), until the mixture is sticky enough to be shaped into four even-sized burgers.
2 Heat oil in a non-stick pan, then cook until golden and hot through the middle. Stuff into buns with lettuce and a dollop of salsa.

PER SERVING 262 kcals, protein 22g, carbs 21g, fat 11g, sat fat 3g, fibre 1g, sugar 5g, salt 0.87g

Teriyaki mackerel with tangy cucumber salad

SERVES 2 • PREP 10 mins •
COOK 10 mins Easy Rich in omega-3

2 hot-smoked, peppered mackerel fillets
1 tbsp teriyaki marinade, plus more if you like
bunch spring onions, finely sliced
100g/4oz basmati rice
½ cucumber, halved, deseeded and sliced
50g/2oz baby spinach leaves
85g/3oz (or a big handful) beansprouts
1 tsp sugar
1 tbsp rice or white wine vinegar

1 Put mackerel into a shallow dish, splash over marinade and scatter with half the spring onions. Set aside. Put rice into a pan, cover with a fingertip of water, season and bring to the boil. Turn down heat, stir, then cover and simmer for 10 mins until the water has disappeared. Take off the heat, cover and leave to steam for 5 mins.
2 Mix cucumber with remaining onions, spinach leaves and beansprouts. Stir sugar and vinegar together with some seasoning. Lift the fish out of the marinade and put onto 2 plates. Drizzle with more marinade, if you like. Spoon the rice alongside, toss salad with the dressing and serve.

PER SERVING 489 kcals, protein 24g, carbs 48g, fat 23g, sat fat 6g, fibre 3g, sugar 7g, salt 2.86g

New way with mackerel

Paella fried rice

SERVES 4 • PREP 5 mins • COOK 5 mins
Easy Good for you, Low fat

1 tbsp vegetable oil
2 small chorizo sausages, sliced
1 onion, sliced
1 garlic clove, chopped
½ tsp turmeric
600g/1lb 5oz cooked plain rice
200g/7oz frozen cooked prawns
100g/4oz frozen peas
lemon wedges, to serve

Heat oil in a frying pan. Tip in the chorizo, onion and garlic, then cook for a couple of mins until softened. Stir through turmeric, followed by the rice, prawns and peas and 150ml boiling water. Keep stirring until everything is warmed through and the water has been absorbed. Serve with lemon wedges.

PER SERVING 347 kcals, protein 20g, carbs 50g, fat 9g, sat fat 2g, fibre 2g, sugar 3g, salt 1.19g

Sardines with Sicilian fennel salad

SERVES 2 • PREP 20 mins • COOK 10 mins Easy

Seasoning the fish with coarse rock salt stops them sticking to the barbecue or griddle.

zest and juice 1 lemon
bunch parsley, ½ leaves kept whole, ½ finely chopped
1 small garlic clove, finely chopped
1 fennel bulb with fronds, bulb halved and finely sliced
50g/2oz pine nuts, toasted
50g/2oz raisins
handful green olives, chopped
3 tbsp olive oil
4 large sardines, scaled and gutted

1 Mix the lemon zest, chopped parsley and garlic together, then set aside. Pick the fronds from the fennel and set aside. Make the salad by mixing the sliced fennel and fronds with the pine nuts, raisins, olives and whole parsley leaves. Dress with the olive oil and lemon juice.
2 Heat the barbecue or griddle pan. Season the fish with rock salt. Griddle for 2-3 mins on each side, until the eyes turn white. Sprinkle with the parsley mix and lift onto plates. Drizzle with oil and serve with the salad.

PER SERVING 663 kcals, protein 34g, carbs 20g, fat 50g, sat fat 7g, fibre 3g, sugar 20g, salt 1.49g

Fresh idea for the barbecue

Zesty lentil & haddock pilaf

SERVES 4 ● PREP 4 mins ● COOK 16 mins

Easy **Superhealthy** Counts as 2 of 5-a-day

250g/9oz easy-cook basmati rice
3 red onions, finely sliced
2 tbsp olive oil
140g/5oz smoked haddock fillet
140g/5oz haddock fillet
250g pack ready-cooked Puy lentils
zest 1 lemon, then cut lemon into wedges
large bunch flat-leaf parsley, roughly chopped
25g/1oz toasted flaked almonds

1 Cook rice in boiling water until tender, then drain. Fry onions in oil in a non-stick pan over a medium heat for 10-12 mins until golden. Bring some water to the boil in a shallow pan. Add haddock fillets, poach for 4 mins until the fish is just cooked, then drain and break into large flakes. Spoon half the onions onto a plate, then set aside.
2 Stir the drained rice and lentils into the onion pan, then fold through fish, lemon zest and parsley to heat through. Serve topped with reserved onions and the almonds, with the lemon wedges on side.

PER SERVING 468 kcals, protein 27g, carbs 70g, fat 11g, sat fat 1g, fibre 7g, sugar 6g, salt 1.39g

Curried fish tacos with bean salad

SERVES 2 ● PREP 5 mins ● COOK 5 mins

Easy **Superhealthy** High in fibre, counts as 3 of 5-a-day

1 ripe avocado, peeled and chopped
juice ½ lemon
½ x 410g can kidney beans, rinsed and drained
finger-length cucumber chunk, diced
85g/3oz cherry tomatoes, halved
2 skinless haddock fillets, about 140g/5oz each
1 tbsp plain flour
1 tbsp mild curry powder
2 tsp vegetable oil
4 taco shells, soured cream and lime wedges, to serve

1 Mix avocado with lemon juice in a bowl. Add beans, cucumber and tomatoes, then mix well with some seasoning. Slice the fish into thick, finger-length strips and toss in a bowl with flour and curry powder.
2 Heat oil in a large, non-stick pan, then fry the fish slices for 1 min on each side until cooked. Serve in the tacos, with the bean salad, soured cream and lime wedges.

PER SERVING 396 kcals, protein 35g, carbs 23g, fat 19g, sat fat 2g, fibre 9g, sugar 5g, salt 1g

Punchy Mexican flavours

Garlic prawns with Asian Puy lentils

SERVES 4 ● PREP 15 mins plus marinating ● COOK 20 mins Easy Low fat

400g/14oz raw peeled tiger prawns, defrosted if frozen
2 red chillies, deseeded and finely chopped
zest and juice 1 lime
2 large garlic cloves, crushed
2 tbsp oil
200g/7oz dried Puy lentils
3 tbsp sesame seeds, toasted
bunch coriander, leaves roughly chopped
FOR THE DRESSING
2 tbsp soy sauce
1 tbsp clear honey
1 tbsp rice wine vinegar

1 Place the prawns in a shallow dish. Mix together half the chillies, lime zest and juice, garlic and oil, then pour over the prawns. Cover and chill for 20 mins to marinate.

2 Meanwhile, put the lentils in a pan, cover with twice their depth in water, bring to the boil, then simmer for 15-20 mins until tender. Top up the water if you need to.

3 To make the dressing, put the remaining chopped chillies, the soy, honey and vinegar into a small bowl and stir together. Drain the lentils, then tip into a large bowl. Spoon over almost all the dressing while the lentils are hot, tip in the sesame seeds, then mix well.

4 Heat a frying pan until really hot. Lift the prawns out of the marinade, then fry for 1-2 mins each side until pink and lightly golden. Pour in the marinade and bring to the boil. Fold the chopped coriander through the lentils, then spoon onto serving plates. Top with the prawns and any pan juices.

PER SERVING 349 kcals, protein 33g, carbs 29g, fat 12g, sat fat 2g, fibre 5g, sugar 4g, salt 1.89g

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Yes you can!

Think you have to give up your favourites? Think again! We've given chocolate brownies a healthy makeover

Chocolate brownies

MAKES 12 • PREP 25 mins • COOK 30 mins Easy ❄

85g/3oz dark chocolate, 70% cocoa solids, chopped into small pieces
85g/3oz plain flour
25g/1oz cocoa powder
¼ tsp bicarbonate of soda
100g/4oz golden caster sugar
50g/2oz light muscovado sugar
½ tsp coffee granules
1 tsp vanilla extract
2 tbsp buttermilk
1 large egg
100g/4oz mayonnaise (we used Hellmann's)

1 Heat oven to 180C/160C fan/gas 4. Pour enough water into a small pan to one-third fill it. Bring to the boil, then remove the pan from the heat. Put the chopped chocolate into a large bowl that will fit snugly over the pan without touching the water. Sit the pan over the water (still off the heat) and leave the chocolate to melt slowly for a few mins, stirring occasionally until it has melted evenly. Remove the bowl from the pan, then allow the chocolate to cool slightly.

2 Meanwhile, lightly oil and base-line a 19cm square cake tin that is 5cm deep. Combine the flour, cocoa and bicarbonate of soda. Using a wooden spoon, stir both the sugars into the cooled chocolate, along with the coffee, vanilla and buttermilk. Stir in 1 tbsp warm water. Beat in the egg, then stir in the mayonnaise just until smooth and glossy. Sift over the flour and cocoa mix, then gently fold in with a spatula, making sure you don't overmix.

3 Pour the mixture into the tin, then gently and evenly spread it into the corners. Bake for 30 mins, or until a skewer inserted into the middle comes out with just a few moist crumbs sticking to it. If cooked too long, the mix will dry out; not long enough and it can sink. Leave in the tin until completely cold, then loosen the sides with a round-bladed knife. Turn out onto a board, peel off the lining paper and cut into 12 squares.

PER BROWNIE 191 kcals, protein 2g, carbs 23g, fat 11g, sat fat 3g, fibre 1g, sugar 16g, salt 0.28g

For more healthier versions of your favourite treats, visit bbcgoodfood.com and type 'ultimate makeover' in the search box.

Half the fat of a regular brownie

HOW WE MADE THEM HEALTHIER

One classic brownie contains 314 kcals and 19g fat (10g of which is sat fat) and 0.35g salt. Our version contains 191 kcals and 11g fat (3g of which is sat fat) and 0.28g salt.

We reduced the fat by replacing all the butter and some of the egg with mayonnaise. We used good-quality chocolate, which meant we needed less, and intensified the chocolate taste with cocoa powder and coffee granules.

And we reduced the sugar, but added fudgy flavour by combining golden caster with light muscovado.

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